



## **VOLUNTEERS NEEDED!**

### **HOW YOU CAN HELP**

Our volunteers deliver meals to the homebound in Prince Edward County on weekdays, just before lunchtime.

Can you spare just an hour — once a day, once a week?

We deliver hot, nutritiously balanced meals, professionally prepared by CENTRA Nutrition Services, to clients' homes at lunchtime, five days a week.

### **HOW TO VOLUNTEER...**

If you would like to volunteer or know someone who needs a meal delivered, call Meals on Wheels at 434-392-8797 or email us at [director@mowpec.org](mailto:director@mowpec.org)



**Meals on Wheels**  
PRINCE EDWARD COUNTY, VA