

March for Meals 2010 Challenge

Help MEALS ON WHEELS March for Meals

2010 CHALLENGE

#1

Encourage people to volunteer. Volunteers can work as a team, a couple, a family, or as an individual. It takes two hours, one time every four weeks.

#2

Encourage people to donate the cost of food for one hot meal each week during March: \$5.00 .

Our goal!

Encourage businesses, friends and family to let their light shine and open their hearts to seniors who need a helping hand. You can volunteer to deliver meals or donate the cost of a hot meal. Our 2010 target is \$25,000 and 25 new volunteers.

Who can help?

Every resident, business or community group of Salem County is invited to step forward and March for Meals

Ways you can help?

- Fill a customized Van Bank. Call to get Banks for yourself, church or club
- Volunteer for MOWSC (one time, every 4 weeks)
- Brown bag your lunch for a month and donate the savings
- Challenge family and friends to donate the cost of one lunch
- Spread the word about March for Meals



MEALS ON WHEELS

Of Salem County, Inc.