

TEN WAYS YOU CAN HELP MARCH FOR MEALS!

- 1) Donate \$10 to Meals on Wheels during March.
- 2) Sign up to become a Meals on Wheels volunteer.
- 3) Throw your change in a quart jar during March and donate proceeds to Meals on Wheels.
- 4) Start a month long Van Bank campaign with your co-workers.
- 5) Place Meals on Wheels coin canister in your place of business.
- 6) Take a special offering at your church during March.
- 7) Brown bag your lunch for a month and donate the difference to Meals on Wheels.
- 8) Challenge employees to donate the cost of one lunch and reward departments that raise the most money.
- 9) Spread the word about March for Meals to friends and neighbors.
- 10) Buy a Mannington cookbook from Meals on Wheels for \$15.