

Meals on Wheels and More
3227 East 5th Street, Austin 78702
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Capital Metro Bus Route #17, 300

www.mealsonwheelandmore.org
Telephone: 476.6325/MEAL
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*** United Way Partner Agency**

Background & Mission: Since 1972, founded as nonprofit charitable corporation to serve homebound elderly/disabled populations in Austin & Travis County. Eight founding volunteers cooked & delivered meals three times a week to 29 people, using two East Austin church kitchens. Currently cooks for more than 1,800 people daily, serving hundreds of others to keep people healthy, independent and in their homes.

Contact Name: Suellen Mills **Title:** Vice President-Volunteer Services
Telephone: 476.6325, ext.130 **E:mail** - smills@mealsonwheelsandmore.org

Contact Name: Sarah Scoggins **Title:** Volunteer Services
Telephone: 476.6325, ext.108 **E:mail** - sscoggins@mealsonwheelsandmore.org

Overall Opportunities:

- **Meals on Wheels** - 1 lunch hour each week - delivery of lunchtime meals
Team of 4 persons may share route w/commitment once a month; Suellen, ext.130
- **Groceries to Go** - 2 hours twice a month - weekdays, evenings or weekends
Shop for homebound clients who pay for groceries; Pat , ext. 121
- **Medi Wheels** - 2-3 hours, usually once a week
Provide transportation to & from medical appointments; George, ext. 122
- **Care Calls** - 5 minutes daily or 20 minutes each week
Call client anytime to provide friendly voice & lend an ear; Carol, ext. 123
- **Handy Wheels** - Second Saturday of every month
Donate time & talents to provide minor home repairs; Christine, ext. 141

NEW! Distribute bags of groceries to neediest - in collaboration with Capital Area Food Bank
GREAT GROUP ACTIVITY!

Events:

- **Summer** - annual air-conditioner drive **Winter** - new blankets & gift bags
- **Holidays**-hot Thanksgiving & Christmas meals, in cooperation with Salvation Army

Donations - Monetary & InKind:

Check payable to: Meals on Wheels and More

Send to: 3227 East 5th, Austin 78702

Companies/Employers Matching Funds: Contact Human Resources

Online donations: not applicable

Vehicle donations: Contact Development or Finance department

Wish List: baskets, holiday for Thanksgiving & Christmas

blankets, new

cameras, disposable

ensure, nutritional supplement

eyeglasses, magnifying

nightgowns & robe

pens & pencils

personal care items, e.g. shampoo,

toothpaste

slippers

socks

stamps& stationery

sweaters

