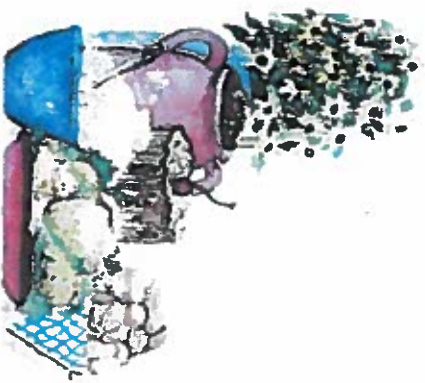


MEALS ON WHEELS OF WHEATON

A Humanitarian Food Service for the Homebound, Seniors, Handicapped or Convalescing

Nutritious, Home Delivered Meals for Individuals Unable to Shop, Prepare, and Cook for themselves

10101 Connecticut Avenue
Kensington, MD 20895
Website: www.mowwheaton.org
301-942-1111



Two Nutritious meals delivered by Volunteers Daily Monday - Friday Between 11:15 a.m. and 1:00 p.m.



A hot cooked meal for midday



A prepared cold meal for dinner



A Brief friendly visit by a caring volunteer

SERVICE AREAS:
Wheaton, Kensington,
Silver Spring, Aspen Hill,
Leisure World

Volunteers Needed



If you want to make a difference have a few hours a month to spare, call 301-942-1111 or go to www.mowwheaton.org

Contributions are always needed from churches, civic and professional organizations, and individuals to provide continuing service

Thank you for your support!

If you need Service Call 301-942-1111 or apply at www.mowwheaton.org