



How can you volunteer?

1. Cook in our kitchen 3 hours a week (7:30 am - 10:30 am)
2. Pack lunches and dinners 2.5 hours a week (8:00 am - 10:30 am)
3. Deliver our meals 1.5 hours a week (10:15 am - 11:45 am)
4. Shop one hour a week.
5. Serve on one of our committees (1.5 hours a month)
6. Help clean the kitchen two hours a week (10:30 am - 12:30 pm)
7. Substitute for any of the above (1 - 3 hours a week - you can choose your times)



Food Delivery Volunteers



Please call the office

Call the Director or Assistant Director any morning Monday - Friday to sign up for service, to volunteer or ask about the organization.

Millersville Area



121 North George Street
Millersville, PA 17551

717-872-2415

office@mamow.org

visit our website:

www.mamow.org

Meals on Wheels Mission Statement

Deliver meals to persons who are temporarily or permanently ill or handicapped; the elderly living alone or homebound; or those who are convalescing. Our goal is to have our clients receive nourishing meals while maintaining the ability to stay in their own homes. We serve families in the Penn Manor area.



What do we serve?

We have 40 different menus. A typical hot meal consists of a main dish, side dish, vegetable, dessert and low fat milk. A brown bag lunch is also prepared. We have diabetic and cardiac friendly diet meal options.

Who is eligible?

Anyone in need who is not able to prepare his or her own meals at home is welcome.

Prices are very reasonable and help is available from the Office of Aging for those who qualify.



How do I request meals?

You, a family member, your doctor, or the hospital may call to set up your meal delivery. We need 24 hours notice to start or stop delivery except for emergencies.



How can I donate?

1. We gratefully accept cash or checks to subsidize our service.
2. We are pleased to receive your garden produce or other food items for our shelves.
3. Place an advertisement on our lunch bags.
4. Come to our pancake breakfast in the fall or the spring.
5. Stop by to purchase our home-made greeting cards.
6. Call our director to ask about planned giving.