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Ways to get involved with Meals On Wheels Atlanta

Adopt a month! Gather your friends and sign up to deliver meals for one, two, or three days a week for one month. Ask each friend to raise or donate the funds to support the meals they deliver. One hour and \$35 can serve seven seniors!

Call to show you care! Volunteer to keep in touch with a client by making monthly Care Calls. Many of our clients live alone, without family or friends. SCS volunteers and staff call each client monthly to check in. Choose as many clients as you like and spend five minutes talking to each, just once a month.

Send birthday cards! Choose a week or a month and send birthday cards to clients whose special days are coming up. We provide the cards, addresses, and postage; you provide the birthday wishes. An average week has five client birthdays.

Make a special delivery! Gather some supplies that clients need but are sometimes unable to purchase themselves (condiments such as ketchup, mustard, honey, lite salad dressing, lite mayonnaise; first-aid supplies such as band-aids, alcohol swabs, and sample-size soap; household items such as batteries, pocket-sized tissues, and flashlights; supplemental items such as bottled water and tea bags).

Deliver groceries! Some clients are able to cook for themselves but do not have the money or mobility to go shopping. Take the Community Cupboard for Seniors' shopping list with you on your next grocery trip, and help make sure seniors are getting the nutrition required to stay healthy. You can find the shopping list at www.scsatl.org/meals_on_wheels.htm.