

Volunteers Are the Key!



...And We Couldn't Operate Without Them!

The Volunteers pick up the meals, which are in insulated containers, from the kitchen around 11:00 each morning, Monday thru Friday.

They deliver the meals according to their route sheets and then return the containers to the kitchen when they are done.

This whole process takes
1 - 2 hours.

In addition to receiving a hot meal, our Recipients also enjoy some fellowship with our caring Volunteers. Our daily visits help give the families & friends of our Recipients peace of mind knowing that their loved ones are safe and sound for another day.

"I look forward to it everyday. Seeing my friends every day, it makes me so happy. This makes (my family) very, very happy because they don't have to worry about me having a good, balanced meal every day."

Meals On Wheels Recipient

"It's important for not only the food, but the people because I'm here all by myself most of the time. They come and they brighten up my whole day — something to look forward to."

Meals On Wheels Recipient

"...The blessing is really ours. It is a wonderful service."

Meals On Wheels Volunteer

"... an hour and a half is little for what we get back. The big part is the appreciation that they have for our bringing the meals. It far outweighs any effort we have to go through to make it come true."

Meals On Wheels Volunteer



*Meals On Wheels
of the
Sandhills, Inc.*

**"DELIVERING
HOT MEALS
TO THE
HOMEBOUND"**



Meals On Wheels
is a United Way agency.

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Who Are We?

Meals On Wheels of the Sandhills, Inc. was started in 1974 by Ida Baker Scott for five of her friends who needed a hot, nourishing meal.

Today, we have more than 100 dedicated Volunteers who donate their time and use of their vehicles to deliver an average of 100 meals each weekday, 260 days a year to those in need.

We anticipate that our Volunteers will deliver approximately 24,000 meals this fiscal year.

EACH RECIPIENT RECEIVES A GREETING CARD ON THEIR BIRTHDAY AS WELL AS A SMALL GIFT AT CHRISTMAS TIME.

Who Is Eligible To Receive Meals On Wheels?

A person is eligible to receive meals if they are homebound and unable to have meals prepared or unable to prepare meals for themselves.

We have no financial or age restrictions, and we receive no government funding.

Meals On Wheels is a non-profit, tax-exempt charitable organization depending entirely on private monetary help to exist.

Individuals who receive meals are referred to us by the Department of Aging & Social Services, FirstHealth Moore Regional Hospital, Home Health Agencies, Doctors, Nurses, Churches and Other Responsible Parties.

Who Prepares the Food?

The hot meals are prepared by the kitchens at **Penick Village** in Southern Pines, accommodating for nutritional requirements such as diabetic or low sodium meals.

The Meals Provide A Third Of The Recommended Daily Allowance .



The lunch-time meals are delivered Monday through Friday, **including weekday holidays**, in the towns of Aberdeen, Pinebluff, Pinehurst and Southern Pines

The cost for each meal is \$2.75.