

Yes, I want to help Meals on Wheels of Syracuse feed my homebound neighbors!

Enclosed is a donation of: \$ _____ (Make checks payable to Meals on Wheels of Syracuse)

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ Amex

Card Number _____ Exp. Date: _____

Signature: _____

Name: _____

Full Address: _____

Phone: _____ Email: _____

Please mail to Meals on Wheels of Syracuse, 300 Burt Street, Syracuse, NY 13202.



The Meals on Wheels movement begins with YOU!

- **FOOD SERVICE VOLUNTEER**
Weekdays 8:00-AM to 11:00 AM
- **DELIVERY VOLUNTEER**
Weekdays at 11:00 AM
- **CORPORATE PARTNER**
Businesses & community groups
- **SUBSTITUTE VOLUNTEER**
Fill-in when you are available
- **FLEXIBLE OPPORTUNITES**
We work with your busy schedule
- **SHORTER ROUTES**
Deliver meals in about an hour
- **BETTER DIRECTIONS**
Step by step directions provided
- **CALL, TEXT, EMAIL REMINDERS**
You choose how we communicate
- **ONLINE SCHEDULING**
View and select openings online

Meals on Wheels of Syracuse
(315) 478-5948
volunteer@meals.org
Apply online!
MEALS.ORG/VOLUNTEER



MEALS on WHEELS
SYRACUSE



Meals on Wheels of Syracuse
300 Burt Street
Syracuse, NY 13202
(315) 478-5948

MEALS.ORG

Meals are funded in part by a grant
from Onondaga County ALTCS,
NYSOFA, and ACL.



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MEALS.ORG

*"Feeding our homebound
neighbors since 1959!"*

Please contact me about:

- ☐ Receiving meals
- ☐ Packaging meals in the kitchen
- ☐ Delivering meals
- ☐ Corporate Partners
- ☐ Internships
- ☐ Committees
- ☐ Holiday projects
- ☐ Hosting a presentation

Name: _____

Company: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

- ☐ Add me to your e-newsletter mailing list
- ☐ Add me to your print newsletter mailing list

Mail form to Meals on Wheels of Syracuse, 300 Burt Street, Syracuse, NY 13202.

How do I get meals?



Call (315) 478-5948 to get meals.
Service begins within a few days.

Receive two nutritious meals, one hot and one cold, 11:00 AM - 1:00 PM weekdays. Weekend meals are available in advance, delivered on Wednesday and Friday.

Volunteers deliver more than a meal. The safety check that accompanies each meal delivery ensures that, in the case of an emergency or problem, medics will be called, families will be notified and our recipients will not be forgotten.



Who gets meals?

Recipients are homebound and unable to cook, shop for, or plan nutritious meals, but are otherwise able to live independently.

Assistance may be available for those age 60 or older; receiving Supplemental Security Income (SSI); or through managed care insurances. We also accept SNAP.

We serve the city of Syracuse, Nedrow, Onondaga Nation, Jordan, Elbridge, and Skaneateles.



MEALS on WHEELS
SYRACUSE

Did you know?

We're the 4th oldest Meals on Wheels program in the United States. "Feeding our homebound neighbors since 1959!"

We serve more than 200,000 nutritious meals annually to homebound seniors and disabled adults.

Meals on Wheels of Syracuse has met Better Business Bureau's 20 Standards for Charity Accountability and is a BBB Accredited Charity.

You can view Meals on Wheels of Syracuse's full Charity Review online at www.bbb.org.

