

Martha's Meals on Wheels

Our Mission is to deliver hot meals for a nominal fee to those who are homebound or having difficulty preparing meals. We do not receive any government funding. **Volunteers deliver** meals daily, Monday thru Friday between 11:00 a.m. and 12:30.

Referrals are made by the hospital, Social Services and those aware of our program, or by calling:
540-886-1219.

Ways You Can Help:

- ❖ Volunteer your time
- ❖ Make a "Gift of Meals" to someone in need
- ❖ Make a donation in honor or memory of someone
- ❖ Donations are tax deductible

Martha's Meals on Wheels
P.O. BOX 2354
Staunton, VA 24401

The "Original" Home Delivered Meal



***Delivering hot meals to
those in need in the
Staunton Community.***

No age or income requirements
We do not receive any
government funding
We deliver within the City of
Staunton
Meals are delivered Monday-
Friday

540-886-1219

www.mowstaunton.org
