



Southwest Meals on Wheels is looking for enthusiastic volunteers to serve seniors in our community. We deliver and serve meals to senior citizens who are in need of nourishment, and lack the physical ability or financial resources to provide for themselves. Our desire and goal is for seniors to feel less alone, and to provide nutritional meals that ensure those seniors don't go hungry. Delivery drivers have the unique opportunity to bless others with a spirit of serving for the betterment of the community. Seniors and elderly are far too often the most forgotten and vulnerable population in our society.

How can you help? Do you have a heart to serve? We need volunteer delivery drivers with a willing and gracious heart to deliver meals. Whether you have time in your schedule once a week, or once a month, we need you!! We operate between 8 am and 12 noon. The other opportunity to serve is at our senior center serving meals during lunch time. This is a service project that can be done for your church, organization or for any who have the desire

Paperwork and background check are required due to the nature of the work.

Thank you for your support and interest. We look forward to hearing back from you.

Anna Nelson
Senior Nutrition Specialist
anna.nelson@swhra.org
731-989-5111 ext 1157