



Senior Resource  
ASSOCIATION



MEALS on WHEELS  
INDIAN RIVER COUNTY



# URGENT NEED FOR VOLUNTEERS

## HUNGRY SENIORS NEED YOUR HELP!

### More than 300 seniors are on Meals on Wheels' wait list

- Many cannot afford food - 87% eat only once or twice a day
- More than half live totally alone
- 65% need meals 7 days / week and another 20% need meals 5 days / week
- Many cannot stand or walk to shop for or prepare a meal

### Can you help?

- A Meals on Wheels route takes less than 2 hours of your time
- You can choose your day, Monday - Friday
- Delivery window is 10:00 am - 2:00 pm
- Choose how often you drive -- One day a week, every two weeks or share a route with friends so each drives once a month
- Deliveries are clustered geographically to save time
- Handy, free mobile app contains all delivery info & gives directions from one stop to the next
- Hot & cold bags and other supplies are provided

Contact SRA to offer your time or learn more  
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[www.SeniorResourceAssociation.org](http://www.SeniorResourceAssociation.org)



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