



Meals on Wheels and Senior Outreach Services

(925) 937-8311

www.mowsos.org

Help Fight Hunger in Our Community!

Every day a senior in Bay Point, Antioch, and Pittsburg goes to bed hungry or without proper nutrition. You can help by becoming a Meals on Wheels volunteer driver!

- Only 2-3 hours each week for a minimum of six months
- Choose to drive 1 day each week Monday – Friday, based on your availability

For more information, please contact:

Carol Louisell, Director of Community Engagement

Email: clouisell@mowsos.org phone: 925-954-8736

or go to www.mowsos.org/volunteers/volunteer-form to fill out an application now



Meals on Wheels and Senior Outreach Services is a non-profit 501(c) (3) organization (IRS #68-0044205).