



JOIN US THIS MARCH!

Why the month of March?

On March 22, 1972, President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors. Since March 2002, Meals on Wheels programs across the country have celebrated the work we do in the communities we serve and we want to make 2018 our best March for Meals event ever!

Wondering how you can participate?

We love serving seniors in our community and we are lucky to get to have fun at the same time! We want you to have fun too! We'll have volunteer appreciation events all month long, which means the more you volunteer, the more fun you'll get to have! Or do any of the following during the month of March to help bring awareness to our mission of nourishing lives, enabling independence, and caring for San Antonio's Seniors.

31 WAYS TO SUPPORT MEALS ON WHEELS FOR 31 DAYS!

1. Thank a volunteer
2. Fill out the volunteer application
3. Deliver Meals
4. Deliver AniMeals
5. Birdies for Charity for Meals on Wheels
6. Get a Fiesta Medal
7. Pet Food Drive
8. Spend time with Grace Place Seniors
9. Share our Facebook post
10. Support us early in Big Give (3/15)
11. Have a fan drive to help seniors beat the heat this summer
12. Mark your calendar for The Big Give SA – March 22
13. Set up a fundraising page to support us for the Big Give
14. Share our Twitter post
15. Check on a senior neighbor
16. Refer a senior you know might need Meals on Wheels
17. Wear Meals on Wheels Green on St. Patrick's Day Pantone 382C
18. Give a friendly honk when you see one of our vehicles on the road
19. Share our Instagram post
20. Bring flowers to Grace Place
21. Package Breakfast Packs
22. Support Meals on Wheels in The Big Give SA
23. Plate meals in our kitchen
24. Adopt a senior by donating
25. Take a volunteer-selfie, share it on social media and tag us!
26. Bring a friend to volunteer
27. Cook Meals on Wheels's Paella Recipe on Spanish Paella Day
28. Add Delivering Thanksgiving Meals on your Calendar for 11/22/18
29. Bring art supplies to Grace Place
30. Get your friends together and write cards that say "hi" to our seniors
31. Become a monthly donor

Connect with us: mowsatx.org/marchformeals | 210.735.5115 | 4306 NW Loop 410, SATX 78250

Get Social: facebook.com/mowsa | twitter.com/mowsatx | instagram.com/mowsatx

#MarchforMealsSA #MarchforMeals #LetsDoLunch #TogetherWeCanDeliver #MoreThanAMeal #MOWSATX