

# DURING THE MONTH OF MARCH

## Try volunteering for 2 hours



# Volunteering with a Friend(s) can be fun!

- Kitchen Prep/Package
  - (1) 6:30am to 10:30am or (2) 8:00am to 11:00am
    - Package bread, desserts, salads, extras for meals
    - Package hot meals
    - Prepare hot water bottles for transport
  - Clean Coolers-Kitchen (11:00 am to 1:00pm)
  - Thrift Store (Pick hours between 8:30am to 3:30pm)
    - Straighten Shelves and Put out Items on Shelves.
    - The more donations we put out the more \$ we make to provide meals!
  - Meal Delivery (Permanent and subs needed)(9:45 to 11am pickup)
    - Volunteers can pick up meals to deliver at pick-up locations in: Winter Haven, Haines City, Davenport, Auburndale, Bartow, Polk City, & Lakeland.



MEALS ON WHEELS OF POLK COUNTY  
620 6TH ST. NW, WINTER HAVEN, FL 33881  
Call: 863-299-1616 or Visit: <https://Volunteer.MOWpolk.org>