

CHECK OUT the ways you can help!

Checks always help. We hope you'll think it over and consider both volunteering and giving to help your homebound Clemson area neighbors.

- Be a driver and deliver meals to our clients.
- Support MOW with a donation.

Mail your check to the address below or donate with your credit card through the website also listed below.

Your gift is tax deductible.



Clemson Meals on Wheels
PO Box 1415, Clemson SC 29633-1415
www.clemsonmealsonwheels.org

Please contact us if you'd like more information

Clemson Meals on Wheels invites you to contact any of the Board members listed below if you would like to know more about the way we operate – or if you would like to become a volunteer. We are your friends and neighbors and would enjoy telling you more about one of the most meaningful volunteer opportunities in our town.

John Hoag, *Chair*

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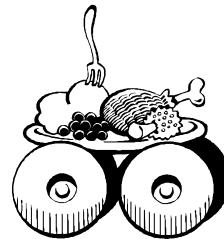
Annette Proulx

Jodie Thomas

Danny Vaden

Robin Weeks

Helen Wooten



*Still rolling after
all these years!*

MOW 2023 green

Clemson Meals on Wheels

*Helping one another
is the Clemson way!*

A warm lunch.

A friendly visit.

A caring community.

Serving within the Clemson city limits only.



How it all began

Since 1974, a dedicated band of volunteers has furnished hot midday meals to members of the Clemson community who need extra help to stay in their homes ...

Here's how it works.

Every weekday morning about 11am, there's a bit of a flurry around the Ingles Deli at the Ingles on Highway 93. That's when Clemson Meals on Wheels volunteers gather to pick up warm lunches to deliver to home-bound neighbors.



Each delivery prepared by the deli crew includes a keep-warm container of nutritious food, a drink, a piece of fresh fruit – and sometimes a little extra surprise. Thanks to the local Journal newspaper, there's also a free

copy of the day's news to take with lunch.

Meals on Wheels volunteer drivers have five routes with six or more recipients, all residents of Clemson, who for reasons of health or age or disability are unable to prepare a well-balanced diet for themselves.

Who is eligible?

Anyone living within the city limits of Clemson may apply for help from Clemson Meals on Wheels. Requests are based on physical need, but not solely on financial need. For example, person recently released from the hospital may ask for short-term help. Others with problems preparing meals may ask to become long-term recipients.

All clients are furnished their meals free of charge. Each request is screened according to need.

Volunteers make it happen

Volunteers are the backbone of Clemson Meals on Wheels and have been since the organization began 50 years ago! They are responsible for the delivery of 200 to 225 meals a week, depending on the number of recipients the organization serves at any given time.

Deliveries are made year-round, even on Christmas Day. In recent years, each December 25, members of Holy Trinity Episcopal Church have prepared a holiday feast with lots of extra trimmings. That day, members of the church join regular MOW drivers to make the day festive and special.

MOW volunteers range from retirees to Clemson University students, and all of them share a common sentiment: **They care about the people they serve.**

Some of the people they visit see no one else in a day. Most live alone, others live with family members who work all day. Some might be temporary clients – for example, someone who has returned from a hospital stay and needs short-term assistance with meals. We are glad to make those special temporary deliveries and can quickly fit them into our schedule.

Each well-balanced meal is prepared by Ingles and is paid from generous gifts YOU and others make to Clemson Meals on Wheels.



How are donations spent?

Your gifts are used almost entirely to purchase food. Less than 2 percent of MOW's yearly expenses go for postage and printing and other administrative costs.

Clemson Meals on Wheels has no paid administrator or other paid employees. Activities are run by some 20 board

members, many of whom also are regular or substitute drivers.

Since its beginning in 1974, when the City of Clemson gave the organization a one-time

start-up grant, Meals on Wheels has operated on generous gifts from donors like YOU who care about your neighbors in need.

Clemson's churches, community organizations and businesses are important contributors who help us meet our obligations each year and keep food going to our neighbors who need our service.

Three ways to contact us

- Visit our website www.clemsonmealsonwheels.org. Click on appropriate menu item "Apply for MOW" or "Volunteer." Fill in the forms, send and we will get back to you ASAP.
- To apply for MOW, contact Robin Weeks (864-650-1923; newoaks@att.net).
- To volunteer, contact John Hoag (864-873-7443; jwhiii1@hotmail.com)

