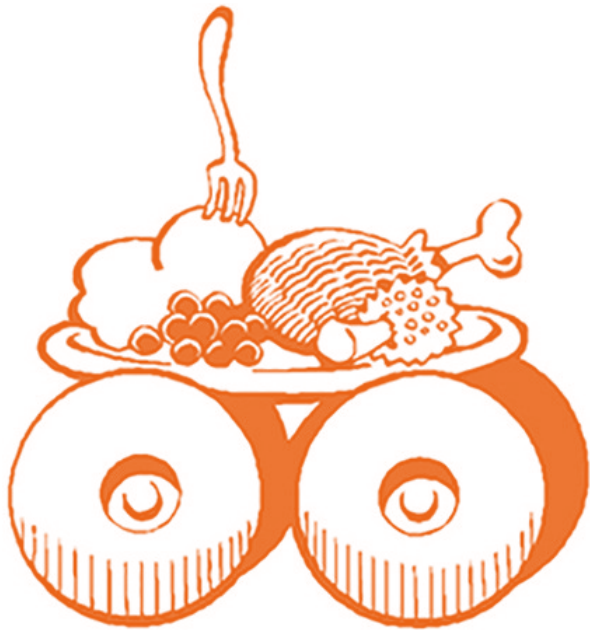




Clemson Meals on Wheels

P O Box 1415, Clemson, SC 29633-1415

www.clemsonmealsonwheels.org

Clemson Meals on Wheels



A warm lunch.

A friendly visit.

A caring community.

Here's how it works.

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

Each lunch prepared by the deli crew includes a nutritious meal in a keep-warm container, a drink, fruit, and sometimes a little extra surprise.

Meals on Wheels volunteer drivers have 5 routes with several recipients on each route. Each recipient lives in the city limits of Clemson and for reasons of health or age or disability are unable to prepare a well-balanced meal for themselves. The recipient must be home at the time of delivery to receive the meal.

All recipients must live within the Clemson City Limits.

Volunteers make it happen.

Since our beginning in 1974, a group of dedicated volunteers have committed to deliver meals to our recipients. Volunteers may be retirees or Clemson University students or anyone who has free time to help.

Deliveries are made every Monday through Friday, year-round, even on Christmas Day. In recent years, the Christmas meal has been prepared by members of Holy Trinity Episcopal Church.

Volunteers donate their time and the expense of using their personal cars to make the deliveries. Clients are not expected to pay anything.

SO HOW DO WE AFFORD THIS???

In the beginning, the city of Clemson gave us a small grant. Since that time, we have depended on donations from organizations, churches, businesses, and private citizens. Each year, we mail out letters explaining the need and asking people to support us. The Clemson community always responds.

How are donations spent?

Almost all the donations are used to purchase the meals from Ingles. Less than 2 percent of MOW's yearly expenses go for postage, printing, and other administrative costs.

There are no paid administrators or other employees. Activities are planned and carried out by a board of about 20 members, many of whom also serve as drivers.

How can you contact us?

- ★ Visit our website:
www.clemsonmealsonwheels.org
- ★ Select "Apply for MOW" or "Volunteer."
- ★ Fill in the form, send, and we will get back to you ASAP.