



"I can't begin to tell you how great it makes me feel to visit our clients and know that, in some small way, I am helping them maintain their independence and dignity by offering food and a few minutes of conversation."

Chef Jerry Edwards CPCE, President and Corporate Chef, Chef's Expressions Catering and Consulting and Meals on Wheels volunteer and spokesperson



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Serving Baltimore City, and Anne Arundel, Baltimore, Carroll, Harford, and Howard counties. Also serving parts of Frederick and Montgomery counties.

Photos by Sofia Silva



It's More
than a Meal –
Volunteer!

Meals on Wheels
of Central Maryland 

Meals on Wheels of Central Maryland has a volunteer opportunity for everyone! Individuals, families, and groups can make a difference in the lives of people who are homebound. Get involved with your community and join our dedicated volunteer team!

There are many rewarding opportunities for you to give back to people who are homebound and isolated within your own community:

Deliver Meals

For individuals who are available on a weekday between the approximate hours of 11:00 a.m. and 1:30 p.m.

Drivers and visitors team up to deliver meals to homebound clients.

Drivers use their own vehicles (reimbursement for mileage is tax-deductible).

Visitors provide for the clients personal contact with the outside community and a valuable social outlet.



Group Volunteer Opportunities

Moms for Meals

Brings family members together to deliver meals to clients during the summer, on holidays, and during school breaks. This is also an opportunity for children to earn community service learning hours.

“Home-Schooled” Families

Provides children who are home-schooled an opportunity to participate in community service within their communities. This is also an opportunity for children to earn community service learning hours.

The Lunch Bunch

Form a dedicated volunteer team of your co-workers and deliver meals to our clients who live close to where you work. This is a great opportunity for businesses, service groups and other agencies.

Grocery Shop*

Busy during the day?

Pick up groceries for a special homebound client.

Flexible days and times including evenings and weekends.

Full-time professionals and families are welcome.

No cash transactions occur between the client and the grocery shopper. Grocery shoppers use special Meals on Wheels credit cards to charge the client's groceries.

**Volunteer opportunities available based on client demand for this program.*

**Available on a county-by-county basis*

Pack Meals

Volunteer at one of Meals on Wheels kitchen sites on a weekday morning. This is a great opportunity for high school students or small groups of 2-5 people. Students can also earn community service learning hours packing meals.

Be a Phone Pal*

Brighten a client's day by making a Happy Birthday phone call and remembering them on holidays or other special occasions.

**Volunteer opportunities available based on client demand for this program.*

**Available on a county-by-county basis*

Become a Meals on Wheels Community Ambassador

After training by Meals on Wheels staff, help spread the word to the community at-large about Meals on Wheels' programs and services by volunteering at community fairs, expos, church gatherings, etc.

Visit www.mealsonwheelsmd.org and learn how to volunteer