



Kaiser Permanente Employees

"It makes me feel good that Phillips Foods sees the value in our doing something for the community."

"I get a real sense that we're the W. R. Grace 'team' when we're out delivering. It makes me feel good about what we're doing."

"Volunteering with my MECU co-workers has brought us closer in terms of our workplace relationship. We've learned a lot about each other - it's opened us up as individual people, but at the same time we've really built up our team spirit."



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

# The Lunch Bunch

## Good Corporate Citizenship Through Volunteering



Deloitte & Touche, LLP Employees

Meals on Wheels of Central Maryland

The **Lunch Bunch** is made up of groups of people who work and frequently have lunch together. Volunteering as a group fosters team-building and heightens morale among employees. Many employers have approved flexible “**lunch bunch leaves**” so that their employees can deliver meals to homebound people in their surrounding communities.



MECU Employees

### Here's what you need to know about starting a **Lunch Bunch** at your workplace:

Form a core, dedicated volunteer team of between 8-10 employees.

Each meal team is made up of two people – one to drive and one visitor who rides along and hand-delivers the meals to the clients.

Each team can deliver once a week, once a month, or whatever schedule your **Lunch Bunch** can accommodate – we're flexible!

Drivers use their own vehicles to deliver meals. All mileage accumulated in this volunteer capacity is tax deductible.

Meals are delivered between 11:00 a.m. and 1:30 p.m. Monday through Friday. Delivery takes about one hour. Each **Lunch Bunch** team picks up the meals at one of the 18 Meals on Wheels distribution sites located throughout the region. Meals are delivered to clients nearby and empty containers are returned to the distribution site.



Aetna Employees



Phillips Foods Employees

### Won't you consider becoming a Meals on Wheels **Lunch Bunch** workplace?

Please join us! Contact the local Meals on Wheels program office in your county (see our location addresses and phone numbers on the back of this brochure) and tell them you're interested in becoming a **Lunch Bunch** workplace. You can also go to our web site – [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org) – for more information, e-mail at [info@mowcm.org](mailto:info@mowcm.org) or call 1-866-558-0827.



W. R. Grace & Co. Employees