



TEEN VOLUNTEERING

Are you a teen interested in giving back to your community and making a real difference in someone's life? Earn service hours, learn about Meals on Wheels of Central Maryland, help homebound individuals, and have fun while making a difference!

Teen Ambassador Program

The Teen Ambassador Program (TAP) provides leadership experience, professional development skills, and service hours to incoming 9th-12th graders. This summer program combines learning sessions and hands-on volunteering in Baltimore.



Meal Packing/Kitchen

Because we produce more than 40,000 meals a week, we need volunteers Mon-Sat at our main office at 515 S. Haven St., Baltimore, MD 21224 to help pack meals and lend a hand in our kitchen. This opportunity is open to teens 14+. We welcome individuals and small groups. Volunteers under 18 are required to complete a Liability Waiver.

With a Parent or 18+

- Meal delivery (during school breaks)
- Grocery Shopping (flexible hours)



✉ volunteer@mowcm.org ☎ 443-573-0925

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<https://www.mealsonwheelsmd.org/changemaker/>