



Richard S. Schultz
President

*Meals on Wheels,
I don't have a lot to give,
I live alone and I'm 79 years old,
I eat oatmeal every morning and soup
and crackers every evening. I hope you can
extend me in the program. I have lost so
much weight I weigh from 178 lbs to
114 lbs. In the
I hope you can*

Dear Supporter,

When Meals on Wheels delivered a box to an elderly neighbor, Violet, she was touched. For while Violet was in your program, she was able to give.

These days, five dollars can go a long way. It's what you can do when we're in line at the market.

But for a senior living below the poverty line, five dollars can be a lot of money. It was probably hard for Violet to ask for help. Like a lot of elderly people we serve, Violet was used to doing it on her own.

MEALS ON WHEELS CONTRIBUTION FORM

Yes, please use **100% of my enclosed contribution** to provide food and friendship to our homebound elderly and disabled neighbors here in Central Virginia.

\$35 1 week of home-delivered meals for a homebound neighbor

\$54 6 Emergency Food Boxes

\$70 2 weeks of meals to someone who would go hungry without us

\$105 3 weeks of meals for a homebound neighbor

\$ Other Amount

mailcode1234567890wxyz

Jane Q. Samplelongname
1730 Rhode Island Ave, NW
Suite 301
Washington DC 20036

 www.mowdelivers.com

In order to keep fundraising costs low we occasionally exchange donor names with other carefully selected nonprofit organizations. Please check here if you do not want your name to be exchanged.

Please sign this shipping label, it will be attached to an Emergency Food Box and delivered to a homebound neighbor.

Each box contains 3 meals of non-perishable food including: spaghetti with beef, green beans, applesauce, pudding, water, powdered milk, etc., and provides our seniors with much needed extra food in case of emergency.

(For a complete list of meals, see back of label.)

*From Someone Who Cares about You
and All Your Friends at
Meals on Wheels*

Best Wishes,



Richard S. Schultz
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uncommon minds for uncommon missions