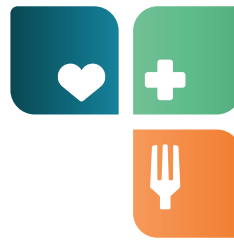


Friends on Wheels™ – Snack Bag Program



We are looking for some Friends on Wheels to spread some extra love to homebound seniors! Grab your friends and family to deliver a healthy snack and a little bit of joy on the 4th Saturday of each month. Here's how it works:



Visiting Nurse Association

Meals on Wheels
Hospice & Palliative Care

vnatexas.org

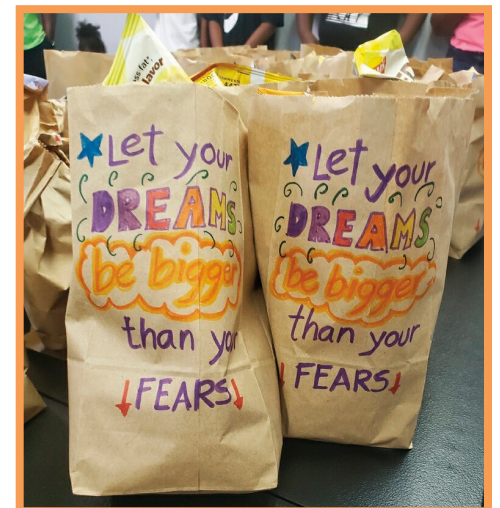


1. Contact Tracie Demery at (214) 689-2653 or email demeryt@vnatexas.org to let her know your group is interested in this weekend service project.
2. Register as a volunteer, if you have not already done so, at volunteer.vnatexas.org
3. You and your group will purchase healthy snack options in advance (Tracie will let you know the amount based on your group size).
4. Meet at the VNA Meals on Wheels Haggerty Kitchen or a location of your choice to decorate and prep the snack bags.
5. Break into smaller groups of 3 or 4 per car and head out to deliver your goodies!

Items provided by VNA Meals on Wheels:

- A list of approved healthy snacks
- Undecorated snack bags
- Materials to make cards (making cards is optional)
- A delivery manifest of VNA Meals on Wheels clients

Thank you for delivering joy!



For more information please contact Tracie Demery at (214) 689-2653 or email demeryt@vnatexas.org

Sign up to become a volunteer at <https://volunteer.vnatexas.org/Registration>