



Eastside Meals on Wheels Information Form

Name _____ Date of Birth _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Employer _____ Occupation _____

Eastside Meals on Wheels (EMOW) provides nutritious hot meals to homebound residents of Northeast and Southeast Minneapolis and St. Anthony Village. Some volunteers deliver meals while others work on projects required to manage a self-sustaining nonprofit agency.

Meals are delivered at noon five days a week. Drivers work on various schedules and pick up meals at our location near Johnson and 33rd Ave in Northeast Minneapolis. Meal delivery takes about an hour.

Other volunteers with a variety of skills and interests work on fund raisers, website and database development, our enewsletter, materials design, presentations to houses of worship and other promotional activities. Those with management skills serve on our board of directors.

Please indicate below what interests you have and how you think you might be able to help EMOW. *You are not making any commitment at this time* and we will talk to you to help you get better acquainted with the effort and opportunities available at EMOW.

Your Interests _____

You may mail this form to the address below or email it to info@EastsideMeals.org. Feel free to contact us by phone at 612-277-2529. Thank you for your interest in EMOW. We look forward to working with you to discuss how you can be involved in our important mission.

NOTE: All volunteers are required to undergo a background check.

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