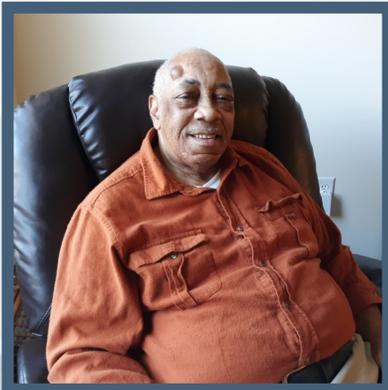


Help others this holiday season.

With the help of generous donors, Meals on Wheels of Catawba County was able to provide nearly 125,000 meals to seniors in our community last year. This was accomplished with the help of 1,096 wonderful volunteers.



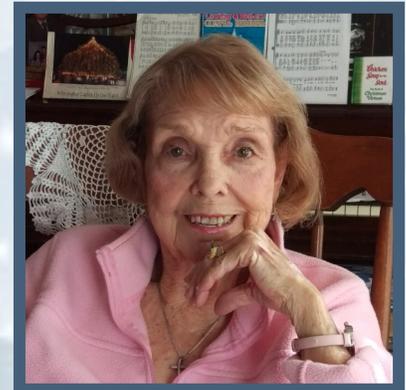
Meals on Wheels provides not only nutritious meals to those in need, but also an essential safety check and companionship, allowing seniors to live happier and healthier lives at home.



-Happier-



-Healthier-



-At Home-

Catawba County Senior Nutrition Services relies on donations to serve our neighbors through the Meals on Wheels and Seniors Morning Out Programs.

Make a gift of any amount or sponsor meals with a gift of:

\$22 for one week

\$90 for one month

\$1,054 for one year

Donate online at MealsonWheelsofCatawbaCounty.org **or**

Make a check payable to: Catawba County Social Services, write "SNS 2020" in the memo line, and mail your check to:

Senior Nutrition Services

PO Box 207

Newton, NC 28658