

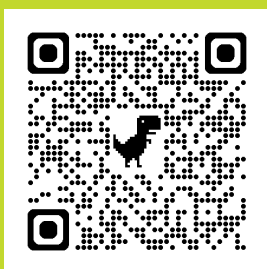


MEALSon
WHEELS

RAMSEY COUNTY

Caring for nutritional needs

Meals on Wheels of Ramsey County network delivers nutritious food and meaningful connection from seven Ramsey County locations.



www.mealsonwheels-rc.org

MOW Enrollment: 651-318-9091

Office: 651-371-7009



Nutritious Meals. Caring Connection. Helping Neighbors Since 1975.



GET MEALS

Meals on Wheels is available to anyone needing assistance obtaining nutritious and well-balanced meals. Financial assistance is available to those who qualify.



VOLUNTEER

Volunteer close to work or home. Deliver Monday through Friday during the lunch hour. Pick your availability of once per week or once per month.



DONATE

Keep the wheels turning with a donation today. Thank you for your support!



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