



# ANN ARBOR MEALS ON WHEELS

UNIVERSITY OF MICHIGAN HEALTH SYSTEM



*We deliver nutritiously balanced meals to the homebound in Ann Arbor who, because of their health, are unable to shop and cook for themselves.*

## About Us

- We serve people regardless of their age or income - need to be homebound and live in our service area
- Meals are prepared by the UMHS Patient Food and Nutrition Services
- We provide 1-2 meals - a hot lunch and/or a sandwich supper
- Meal options include regular or vegetarian hot entrée, diabetic dessert and kosher
- Meals are offered at no cost - we do ask for a voluntary contribution



## Donate

*Your financial gift is an investment in reducing hunger and food insecurity for the homebound in our community!*

Ann Arbor Meals on Wheels is a community-supported program of the University of Michigan Health System. A portion of our revenue comes from the Health System and the balance from community partners.

We need your support! For information on gift giving options and to make a donation, visit our web site.

[www.med.umich.edu/aamealsonwheels](http://www.med.umich.edu/aamealsonwheels)

## Volunteer



- Pick up meals at our office and, using your own vehicle, deliver 10-13 meals, taking 1-2 hours to complete a route
  - ♦ Monday-Friday at 11:30 a.m.
  - ♦ Saturday at 10:30 a.m. Jan-Aug & at 9:30 a.m. Sept-Dec
- Drivers need to be age 18 or older; those under 18 can volunteer if accompanied by an adult.
- You choose the day (Monday-Saturday) and the frequency (weekly, biweekly, monthly, substitute)

Visit our web site for more information or to download an application.

*Why volunteer? It's quick, easy, worthwhile & fun!  
You might be the only person they see all day.*



Ann Arbor Meals on Wheels  
2025 Traverwood Suite F | Ann Arbor, MI 48105  
734-998-6686 | [aamealsonwheels@umich.edu](mailto:aamealsonwheels@umich.edu)

