

Meals on Wheels West

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Delivering Smiles a Meal at a Time



DOES YOUR TROOP WANT A SPECIAL GROUP PROJECT ??

We are looking for exciting and fun ideas benefitting our senior, disabled and frail homebound friends. Our lonely friends are not able to get out of the house and don't get a lot of visitors from day to day. Our volunteers who deliver the daily meals and the postal carrier may be the only people our 'shut-ins' get to see and talk to. **THE GIRL SCOUTS CAN FIX THAT!!** Here are some ideas:

- ✓ **Create a project or a fun contest for the troop benefitting our home-bound neighbors (approx. 200):**
 - **Baking contest**
 - **Art & crafts**
 - **Your ideas.....??**
- ✓ **Provide small wrapped gifts for our clients' birthdays (approx. 200)**
 - **Conduct a fundraiser to help with**
 - **Your ideas.....??**
- ✓ **Volunteer opportunities for Girl Scout troops and/or family members**
 - **Arrange a date to volunteer to deliver meals & provide a visit with**
 - **Singing**
 - **Dancing**
 - **Poetry reading**
 - **Your ideas.....??**
- ✓ **Any ideas are welcome.....your Troop is encouraged to come up with projects that you may find meaningful.....THINK OUT OF THE BOX.....LET US BRIGHTEN THE LIVES OF OTHERS to lessen their loneliness**

Established in 1974, Meals on Wheels West has a vision to eliminate hunger, isolation and to foster independence for all homebound persons regardless of age. The communities we serve are Santa Monica, Malibu, Pacific Palisades and Topanga.

You may contact Branka 310.661.1961 or her email brankamowwest@aol.com . Please visit our website for more program information: www.mealsonwheelswest.org .