

# Meals on Wheels of the Greater Lehigh Valley: More Than Just a Meal

By Dawn Stillwagen / Director of Volunteer Services

LEHIGH VALLEY - Meals on Wheels of the Greater Lehigh Valley offers home-delivered meals, grocery shopping, and other services to homebound senior citizens and adults with disabilities. The leading provider of healthy, medically-tailored meals in the region, the program serves nearly 2,000 clients every weekday. Meals are prepared in the agency's kitchen and include hot and cold meal options as well as frozen weekend packs.

Meals on Wheels trucks leave from the main location in east Allentown each morning, distributing meals to eight pickup locations throughout the service area of Lehigh, Northampton and southern Carbon County. In addition to the cities of Allentown, Bethlehem, and Easton, pickup sites include Bangor, Bowmanstown, Cherryville, and Nazareth. The Bangor site is located in the Senior Center at the Blue Valley Farm Show building and its six routes deliver to Martins Creek, Mount Bethel, Pen Argyl, Portland, Roseto, Tatamy and Wind Gap.

Volunteers are essential to making sure meals are delivered and clients are checked on. Over 100 volunteers are needed each weekday, arriving around 10 a.m. at pickup sites and taking 60 to 90 minutes to complete deliveries. Other volunteers help clients by delivering Senior Food Boxes, assist with food pantry pickups or participate in Market on Wheels, the agency's grocery shopping service. Volunteer-

ing for Meals on Wheels is a great way to give back to your community while helping combat social isolation and food insecurity. For more information about volunteering opportunities with Meals on Wheels of the Greater Lehigh Valley, please contact Dawn Stillwagen, Director of Volunteer Services, at [dawns@mowglv.org](mailto:dawns@mowglv.org) or 610-841-7011 or fill out a Volunteer Interest Form on the website, [mowglv.org](http://mowglv.org).



## YMCA

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Children's craft table was set up for kids to make their ornaments for their tree at home, and a 'Ugly Christmas Sweater' contest was held.

