

Your Help is Needed to Fight Senior Hunger and Isolation!

In the most recent census, Rockland County was counted as having the fastest-growing senior population in the state.



ADOPT-
A-SENIOR



Meals On Wheels

Meals are just our first course!

Adopt-A-Senior for One Week

\$75 enables one homebound senior to enjoy two meals a day for one week.

Adopt-A-Senior for Two Weeks

\$150 enables one homebound senior to enjoy two meals a day for two weeks.

Adopt-A-Senior for One Month

\$300 enables one homebound senior to enjoy two meals a day for a full month.

*To donate, please visit our website
www.mowrockland.org*



Meals On Wheels

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Volunteer Neil Galli happily delivers a nutritious meal to Homebound Meal Program participant Solange.

Because of generous support, seniors like Solange have a daily personal connection with a caring volunteer and are more likely to be able to remain in comfort in their own homes and familiar communities.