



Each route takes about 90 minutes. During that time, you will:

- Deliver meals to 10-15 Tabitha Meals on Wheels recipients within Lincoln city limits
- Provide a friendly visit and a safety check to those who may not have contact with anyone else that day, week or even month



Meals Matter

Tabitha Meals on Wheels delivers a weekday, lunchtime meal.

It not only strengthens the community, but also serves those in greatest need and contributes to lower overall health care costs.

SIGN UP TO VOLUNTEER AND...

- Take advantage of flexible route scheduling options
- Deliver meals once or adopt a weekly or monthly route
- Partner with a family member, friend or coworker to spend quality time serving others

Join us today!

Get started at Tabitha.org/Volunteer



TABITHA

Meals on Wheels

TABITHA
EMPOWERS
PEOPLE TO
LIVE
JOYFULLY,
AGE
GRATEFULLY

TABITHA'S CARE SERVICES INCLUDE:

Results-driven rehabilitation, accessible at-home health care, innovative living communities and compassionate hospice care.