



KOSHER MEALS ON WHEELS (KMOW) NEEDS YOUR HELP!!!!

The Kosher Meals on Wheels (KMOW) program delivers more than 24,000 meals a year to homebound, elderly or disabled individuals who want to remain in their homes for as long as possible.

HELP US:

Raise awareness of KMOW by distributing pamphlets and volunteer driver applications at Bar/Bat Mitzvah parties.

Raise money for insulated bags used by volunteers who deliver meals (\$7.50 per bag).

Bring JOY to the lives of our KMOW recipients by:

- 🕒 donating honey sticks and apples at Rosh Hashanah for KMOW recipients.
- 🕒 shoveling snow and/or raking leaves for homebound, older adults.
- 🕒 donating small gifts to KMOW recipients at Chanukah.
- 🕒 preparing and donating Shalach Manot bags for KMOW recipients at Purim.
- 🕒 donating boxes of matzah for KMOW recipients at Passover.
- 🕒 delivering a weekly Shabbat meal (with an adult) to a homebound, elderly person.

To volunteer, e-mail Melody Sandor, Volunteer Coordinator, at melodys@jfsbergen.org or call 201-837-9090 ext. 238.