



Mission Statement: Meals-on-Wheels of New Canaan, Inc (MOW) is a nonprofit service organization founded in 1972 and dedicated to providing nutritious meals to New Canaan residents whose physical, mental, or medical condition makes it difficult to provide meals for themselves, regardless of their ability to pay.

MOW provides one hot meal and one cold meal to clients Monday thru Friday, including holidays throughout the year. Meals are prepared and packaged in the Waveny Care Center kitchen, then picked up and delivered to clients' home by MOW volunteers using their own vehicles. In addition to furnishing life sustaining nourishment, the MOW volunteer also provides a smiling, caring face and contact with the greater community. For many of our clients, the MOW volunteer who delivers their meals may be the only person with whom they interact that day.

Clients are referred to MOW from the New Canaan Department of Human Services, Catholic Charities, hospitals, nursing homes, churches, or friends or family members. While there is no age limit for MOW services, most of our clients are elderly. Some clients receive meals for only a few weeks while recovering from an injury or surgery but the vast majority receive meals on an on-going basis. Approximately half of our clients have received meals from MOW for at least three years, allowing them to stay in their homes, tied to the community.

We welcome interested volunteers who would like to join our team, and invite you to ride along with a MOW Board member and/or speak with our Community Coordinator, Linda Haney (203-594-05318) who can answer any questions you may have about this rewarding volunteer service opportunity. We also have a new website that can also provide you with more details. www.mowofnc.org