

Senior Meal Bags

for homebound seniors



MEALS on WHEELS
MONTGOMERY COUNTY

In addition to breakfast and lunches, Meals on Wheels strives to fill pantries of our most at-risk seniors.

As a 100% donation based program, families, friends, churches, groups, neighborhoods, and businesses host food drives to provide the inventory necessary to make this program possible.



How does it work?

Senior Meal Bags provide complete meals for 5 days

Choose 5-7 items from the following list:

- Canned Soup or Stew
- Canned tuna or chicken
- Peanut butter (creamy)
- Oatmeal, individual packets
- Crackers, graham crackers
- Canned beans
- Easy Mac or canned pasta

Donation Drop Off

M-F: 10 am - 2 pm
111 S. 2nd St,
Conroe, TX 77301

Questions?

Contact Lisa Varholy at
lisa@mowmc.org or
936-756-5824

Our seniors love to receive items that are an easy and complete meal, such as canned soups and stews.