

# Are you or someone you know interested in Meals on Wheels?

Contact WUMCO for  
more information:

301-972-8481

[info@wumcohelp.org](mailto:info@wumcohelp.org)



## Criteria:

- Resident of zip codes 20837, 20838, 20839, 20841, 20842
- Seniors (60+) who cannot leave home easily
- Unable to cook for yourself or have no one available to assist with meal preparation

An intake interview with a WUMCO representative is required to assess needs. WUMCO is gauging interest at this time.

**WUMCO**  
*Help, Inc.* 