

# **Volunteers Needed**

**Join Meals on Wheels of C.E.F.S. in the fight  
against Senior Hunger! Volunteer Today!**

**We need Volunteers for our home delivered  
Meals on Wheels Program in Effingham**

**Meals are delivered Monday - Friday between 10:30am & 12:00pm**

**We will work with your availability**

**Call 217-347-2851 for more information.**

**Together, we can make a difference!**



# Sample Meals On Wheels Volunteer Flyer

**Shasha Hu**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name Shasha Hu.

## **Sample Meals On Wheels Volunteer Flyer:**

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