



Meals on Wheels

VOLUNTEERS

Needed in the
BAROSSA VALLEY

Can you spare a few hours once a month?

DRIVERS & DELIVERERS
11am-1pm (weekdays)

Our volunteers provide our clients with a nutritious three course meal, friendly contact and a well-being check so that they can remain in their own home.

Make friends and help your local community.

**Call our Volunteer Co-ordinator on
0499 037 477 or email:
barossa@mealsonwheelssa.org.au**

MEALS 
ON WHEELS

More than just a meal.


VOLUNTEERING
BAROSSA & LIGHT