

## **Meal A Day needs Monday driver**

Written by From Staff Reports  
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The local Meal A Day program is looking for someone who is willing to donate an hour of their time and vehicle to deliver meals to shut ins and disabled individuals who benefit from the program on Mondays.

The route is “in-town” and generally takes only about an hour to deliver all meals packaged to Sulphur Springs recipients.

Drivers have only to show up at the designated time Monday morning at the Senior Citizens Center, load the ice chest (or chests) for their route and deliver the boxed meals to the correct addresses. Driver delivery pairs are also welcome.

Meal-A-Day is a food program run Monday through Friday by volunteers, who cook, package and deliver meals to seniors who are shut-ins and are unable to cook for themselves.

The program receives money from Hopkins County United Way, the Federal Emergency Management Agency and a small daily meal charge per individual. It is not a government program, does not receive any state funding, and isn't for people who are already on state funded program such as “Meals on Wheels.”

In order to qualify for the Meal-A-Day program, the Hopkins County resident must be a senior citizen who is unable to cook for him/herself, doesn't have anyone who can cook for them, and either lives alone or with an elderly spouse who is unable to cook.

All participants are asked to pay \$2 a day for lunch, which will be delivered to their home at lunch time five days a week. The rate is not only a bargain considering its a full meal delivered to their residence every week day in time for lunch, it's also a very plentiful meal as well.

Anyone interested in volunteering as a Monday driver for the Sulphur Springs route should contact Weatherman at 903-885-1661 or at the Senior Citizens Center, 150 Martin Luther King Jr. Drive.