



# VOLUNTEER WITH US!

The Meals on Wheels Program of  
Jackson & Josephine Counties



Our volunteers provide more than a meal.  
They provide **friendship, connection,**  
and a **sense of belonging** to older  
adults in our communities.

Volunteer today to help at one of our  
many meal sites or to deliver meals in  
Jackson or Josephine county!



Jackson County  
541-734-9505

Josephine County  
541-955-8839

[www.rvcog.org](http://www.rvcog.org)