

# Please Join

# **CHEER**

## for the 2026



# Monday March 16

MARCH  
FOR  
MEALS  
WITH  
**MEALS  WHEELS™**



Join Local and State dignitaries  
in delivering meals to  
Sussex County's elderly homebound.

To volunteer - **Call Amy Smith**  
**(302) 515-0001 ext.1161**

*This year's event kicks off*  
**MOW's Community Champions Week**  
**March 16 - 19, 2026**