



FOR IMMEDIATE RELEASE
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Exxon Adopts a Meals on Wheels Route

(May 1, 2007, Houston, TX) Exxon's Gas and Power Marketing division recently adopted a Meals on Wheels for Greater Houston route. Each week, two volunteers from Exxon will deliver meals, Monday through Friday, to 13 seniors in the Heights House community. The number of seniors served is expected to grow to 20 within a few weeks.

The route requires only a few hours, and the daily interaction that volunteers have with the seniors provides personal contact, and a friendly moment that is equally warming as the as the meals that are delivered.

The generous volunteers from Exxon are not only giving their time, but will also help Meals on Wheels for Greater Houston with funding through their volunteer match program. Individuals who volunteer 20 hours or more per week are able to submit a \$500 donation to the agency at which they volunteered. It is expected that at the end of the six month route adoption financial contributions will help sponsor eight more seniors in need.

Organizations, congregations, businesses and other groups are encouraged to volunteer their time and talent to sponsor a route.

Meals on Wheels is designed to bring a hot nutritious lunch to seniors who are unable to provide for themselves or whose family members or primary care givers worked during the day. All Meals on Wheels seniors have mobility issues that limit their ability to cook or shop for themselves. Although Meals on Wheels is not an income based program, the average recipient is female, age 65-79 with an annual income of less than \$10,000.

Meals on Wheels for Greater Houston strives to provide services to any Houston area senior who needs them; thereby alleviating senior hunger in Houston. Meals on Wheels delivers hot, noontime meals to needy area residents five days a week, 52 weeks a year. Meals on Wheels relies on the Harris County Area Agency on Aging, area business, organizations, and individuals to support and sustain the program. The program's cost to supply meals for one senior for one year is approximately \$1200, or \$5 per day. Anyone interested in learning more about volunteering, making a donation, or referring a friend or family member who could benefit from home-delivered meals should call 713.533.4900 or visit www.mealsonwheelshouston.org.

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