



FOR IMMEDIATE RELEASE  
*Request for Coverage*

Jerry Arellano  
Marketing Director  
Meals on Wheels of San Antonio  
(210) 735 - 5115  
jerrya@christianseniorservices.org

## **Students and Teachers Opt to Volunteer during Spring Break**

*Meals on Wheels receives a boost during Spring Break from local area school districts*

**March 15 – 19, 2010, San Antonio, TX** – Meals on Wheels of San Antonio is promoting “Schools Spring to Deliver Meals”, where students and teachers volunteer their time to deliver meals during spring break. The addition of volunteers will provide much-needed support in delivering nutritious meals to seniors living in San Antonio.

- WHAT:** CALL TO ACTION – Meals on Wheels needs help filling volunteer routes left vacant by regular volunteers who will be out of town during Spring Break.
- WHO:** Students, teachers, and staff from local area school districts
- WHEN:** March 15 – 19, 2010  
10:00 AM – 1:00 PM (daily)
- WHERE:** Christian Senior Services  
4306 NW Loop 410 (corner of 410 and Babcock, inside the loop)  
San Antonio, Texas 78229
- CONTACT:** Marsha Wiltz, Volunteer Services Manager, (210) 735 - 5115

“Schools Spring to Deliver Meals” is part of a national campaign called *March For Meals*, where we aim to raise awareness of senior hunger and encourage action on a local level. Senior nutrition programs across the United States promote *March For Meals* in their local communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

###

### **About Meals on Wheels of San Antonio**

*Meals on Wheel of San Antonio*, a program of Christian Senior Services, prepares and delivers over 3,200 nutritious meals each weekday to homebound seniors living in Bexar County. With a registered dietician on staff, our meals are often the only source of vitamins and nutrients received by our recipients. In addition, personal contact with our volunteers and staff drivers combats loneliness and can often provide opportunities for early intervention in life threatening situations. Last year, the program provided over 800,000 meals to senior residents of Bexar County.