Meals from the Heart

For the health and safety of our families, we have suspended all volunteer programming, including our volunteer meal program, until further notice. In order to continue supporting our families and providing daily meals, we need your help!

HOW YOU CAN HELP:

DONATE MONEY

www.rmhcpt.org

- $300 to cover the cost of a meal

DONATE GIFT CARDS

www.rmhcpt.org/covid-meals

- For local restaurants
- For local grocery stores

DONATE FOOD

www.rmhcpt.org/covid-meals

- Individually packaged meals from a local restuarant

All food must be prepared in a commercially licensed kitchen.

RMHC
Piedmont Triad

For more information contact:
Kathi Grenough, *Chief Operations Officer*
KathiG@rmhcpt.org | (336) 970-5653

419 S. Hawthorne Road Winston-Salem, NC 27103 | (336) 723-0228 | www.RMHCPT.org