



VOLUNTEERS NEEDED!

Sacred Heart Volunteers join forces with MANNA!
Once a month, Sacred Heart Parish send a group of Volunteers to the MANNA kitchen. Sacred Heart volunteers enable MANNA to continue their mission of providing nourishment to individuals living with a life-threatening illness.

MANNA: Improving Health. Delivering Nourishment.

Each month, MANNA brings more than 80,000 nutritious, freshly prepared, home-delivered meals to individuals and families living with HIV/AIDS, cancer or other life-threatening illness. MANNA's small professional staff and 1,500 monthly volunteers deliver 100% complete nutrition to our clients - 3 meals a day, 7 days a week - at no charge. MANNA dietitians promote wellness through nutritional education and counseling.

MANNA volunteers are responsible for the preparation and packaging of over 2900 daily meals for our clients. **Volunteers do the chopping, dicing, cooking, baking, and packaging of all 2,900 meals.** Our volunteers also include caring, compassion, and love with every meal that goes out of the kitchen to nourish MANNA clients. Truly neighbors nourishing neighbors.



Join the MANNA Sacred Heart volunteer group!
Sacred Heart has committed to send volunteers to MANNA on the 2nd Tuesday of the month for 10:00am - 1:00pm shift:
Carpool leaves at 9:30am and returns approx. 1:30pm

Upcoming Dates:

February 8 - March 8 - April 12 - May 8 - June 14

(please note: ***if you volunteer – it is a one-time commitment!***
You can volunteer just one time or as often as you are available

For further info contact Jean Murray at shpmurray@comcast.net or call at (610) 449-3000.

Throughout the year, MANNA hosts volunteer groups from schools, colleges, religious organizations, and social and academic clubs. Corporate teams come to MANNA on a weekly basis as well. Corporate-sponsored volunteers come from a wide variety of local businesses such as PECO, Independence Blue Cross, GlaxoSmithKline and the Pew Charitable Trust.

Be a part of the change – become a MANNA volunteer today!