



Meals on Wheels Central Texas Internships

About Meals on Wheels Central Texas

Meals on Wheels Central Texas seeks to nourish and enrich the lives of the homebound and other people in need through programs that promote dignity and independent living. Meals on Wheels Central Texas is one of the largest meal-delivery organizations in the state, distributing 3,000 meals each business day to homebound older adults and people with disabilities. Part of the Austin area community since 1972, MOWCTX believes in holistic case management and also offers the following services to our clients through our many programs: in home care; minor and major home repairs; grocery shopping assistance; a monthly supply of shelf-stable groceries; extra, daily, shelf-stable meals for the nutritionally at-risk; veteran services; problem-solving therapies; rural meal delivery; Alzheimer's respite care; and pet food and pet health care for our clients' dogs and cats.

Programs

Please visit our website to learn more about the various programs MOWCTX offers to clients:

<https://www.mealsonwheelscentraltexas.org/meal-programs>

<https://www.mealsonwheelscentraltexas.org/other-programs>

How can you intern?

Potential internships are available for those wishing to work on specific projects for a program or department at MOWCTX. We will work to tailor student interests to our needs. For example, someone interested in marketing and communication might work to help promote and develop MOWCTX press coverage, develop marketing collateral, create human interest stories and features on particular programs for the newsletter, etc. We request applicants send a brief proposal of which department or program they are interested in working with and their goals for the internship. The proposal should include a timeline, expected outcomes and benefits, and what the intern expects from the internship as well. If accepted, specific responsibilities of the intern will be tailored to intern interest and expertise and organizational needs.

Please send proposals and any questions to Julie Maxwell at jmaxwell@mealsonwheelscentraltexas.org. All interns must authorize and pass a criminal background check. We strive to work with as many interns as possible but unfortunately we are unable to accept all internship proposals. Internships will be accepted based on need, supervisor availability, and specifics listed in the proposals.

Desired Skills

Committed to the goals of MOWCTX

Effective organization and communication skills

Previous experience and/or knowledge of working with elderly clients and adults with disabilities preferred but not required

Proactive and eager

Positive and helpful attitude

Creative problem solver

Ability to work independently



Basic PC skills including Microsoft Office