

CHANGE
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TEEN AMBASSADOR 2021

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TEEN AMBASSADOR PROGRAM

The Teen Ambassador Program is a 2-week summer program for rising 9th to 12th grade students. Through this program, teen ambassadors will learn about topics regarding Meals on Wheels' services and nonprofit management. They will also have hands-on volunteer experience with various parts of meal-packing!

Session Timelines

- Session 1: 7/7/25 - 7/18/25
- Session 2: 7/21/25 - 8/1/25

Monday-Friday, 9am-2:30pm



Applications Open
March 17th-May 16th



Topics Explored

- Fundraising
- Nonprofits 101
- Marketing
- Who We Serve
- Networking
- More than a Meal™ Services
- Leadership Types
- Advocacy
- Mindfulness + Boundaries
- Logistical Partnerships
- Interview Skills
- ...And more!

5/2/25: Priority Application
Deadline for ALL sessions
(spots fill up fast!)

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<https://www.mealsonwheelsmd.org/changemaker>