

VOLUNTEER MENU

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MEAL DELIVERY

Help us deliver nutrition and wellness checks to seniors in your area! Meal delivery is our most urgent volunteer need and one of the most impactful ways to serve your neighbors. Routes typically take about an hour to complete and are available throughout the city. Every day, more elderly and homebound seniors rely on Meals on Wheels' services. You can help us meet that need!

FRIENDLY VISITOR

Friendly Visitor is working to combat the loneliness and social isolation of our homebound seniors and disabled neighbors. This volunteer opportunity can take place at any time that works for you and the client. Help us provide connection beyond meal-delivery by signing up to visit with a senior!



ANIMEALS

Deliver pet food to the furry companions of our seniors! Every month, we dedicate the week before the 3rd Saturday to our AniMeals Service. Volunteers can pick up pet food and routes the week leading up to delivery. You can even deliver on the weekend!



GROUP OPPORTUNITIES

Meal Delivery

Meal delivery events are a great way to get your organization involved with Meals on Wheels. We bring the meals and routes on-site to your preferred location. Meals on Wheels staff provide a brief orientation before team members deliver in that surrounding area. These one-time events can help deliver More Than a Meal® to anywhere from 50 to 500 clients.



On-Site Packing

We offer supplemental nutrition support to the homebound older adults that we serve. Supplemental nutrition provides additional nutrients to clients at higher risk for malnutrition and serves as emergency meals if meal delivery is disrupted due to inclement weather. On-site volunteer teams can assist in assembling these supplemental items by scheduling with our Community Engagement team.



EVENTS

Join us at one of our distribution events! Whether it's preparing clients for inclement weather or providing a warm meal on Thanksgiving, we're always looking for volunteers to help deliver! Keep an eye on our website for more information.