



Volunteer Position: Meals on Wheels

Why should I get involved in volunteering?

- Meet new people and develop lasting relationships.
- Increase your happiness and better your well-being.
- Learn new skills and increase your self-esteem.
- Stand out on job applications and further your career.
- Help make a difference and give back to your community.

How can I help?

Reporting to Meals on Wheels staff, assist with a variety of roles including; driver/runner, route convenor, route packer and general support.

What is expected of me?

Meals on Wheels operates Monday through Friday. Flexible shifts based on your availability with a time commitment of 1-2 hours.

Driver/Runner:

- Pick up meal delivery bags from meal provider (typical start time is 11am).
- Deliver meals along an assigned route (average route is 1 hour), using your own vehicle.
- Deliver the meal to the clients' kitchen and assist with packaging (in some cases).

Route Convenor:

- Schedule drivers/runners to deliver MOW.
- Liaison between volunteers and staff for schedule changes and concerns.
- Option to work from home, daytime or evening (1-4 hours per month).

Route Packer:

- Pack meal delivery bags as per route sheets (typical start time 9:30am for 1-2 hours).
- Greet drivers/runners and distribute meal delivery bags.

General Support:

- Clean/disinfect meal delivery bags (typical start time 1:30pm for 1-2 hours).

Find a location close to you.

Meals on Wheels operate out of our Community Hubs: Clarington, North Durham (Cannington, Port Perry and Uxbridge), Pickering/Ajax and Whitby/Oshawa.

We are an **Equal Opportunity Employer** committed to providing an inclusive workplace that embraces diversity, values differences and supports the full participation of all employees and volunteers. We recognize the importance of ensuring that all volunteers are treated with equal respect and dignity, and are protected from discrimination and harassment. In accordance with the **Accessibility for Ontarians with Disabilities Act, 2005** and the **Ontario Human Rights Code** we provide accommodations to applicants with disabilities throughout our on-boarding process. If you require this information in an alternate format; require communication supports; an accommodation in applying for a posting and/or if you are selected for an interview, please inform our Volunteer Coordination Team.

What training will I receive?

- CCD Orientation and Training (virtual)
- Program specific training

What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- Adhere to **COVID-19** safety practices.
- Must work in a safe manner and promote the health and safety of all staff, volunteers, clients and the community as outlined within CCD policies.

For Driver/Runner:

- Minimum age 21.
- G class driver's license (minimum of 3 years).
- Minimum of \$1,000,000 liability insurance.
- Access to a clean, reliable vehicle.
- Physically able to carry meal delivery bags (10-20 lbs.).

For Route Packer:

- Physically able to carry meal delivery bags (10-20 lbs.).

Apply now or click **here** to see other opportunities.

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