

Mission: With coordinated networks of volunteers and staff, enrich the well-being and quality of life for people wherever they call home.

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).
- Option of mileage reimbursement for volunteers using their own vehicle to deliver food boxes (paid monthly and based on km driven).

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.

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.