



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

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 (Hot/Frozen)

Why should I get involved in volunteering?

- Enrich your life and the lives of others.
- Support the health, independence and well-being of our clients.
- Be part of a social environment and develop meaningful relationships.
- 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 packer and general support.

What is expected of me?

Meals on Wheels operates Monday through Friday. Scheduled shifts based on your availability.

Driver/Runner:

- Pick up meal delivery bags from meal provider (approx. 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 meals.

Route Packer:

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

General Support:

- Clean/disinfect meal delivery bags (approx. 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 (Brock, Scugog and Uxbridge), Pickering/Ajax and Whitby/Oshawa.

What training will I receive?

- CCD Orientation and Training
- Program specific training

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.



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What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- 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:

- Minimum age of 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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