



**Make a difference in the lives of your neighbours**

*volunteer with us.*  
.....

## **Our Volunteers**

Volunteers are the heart of Meals on Wheels. As a volunteer, you are responsible for delivering meals to seniors, elders, people living with disabilities and people recovering from injuries – all within your neighbourhood.

## **Requirements**

- Two hours of time once a week or twice a month
- A valid driver's license
- A vehicle or partner willing to drive
- Three references

You don't have to volunteer year-round to make a difference. If you can drive for a couple of weeks, a month or a season, we'd love to have you on our team.

## **What Do Volunteers Do?**

- Deliver 10 to 20 meals between 11 a.m. and 1 p.m.
- Volunteer on weekdays and/or weekends at a frequency that suits you
- Pick up meals from one of our 13 delivery centres across Winnipeg and deliver to the neighbourhood of your choice
- Enjoy a flexible schedule
- Receive a gasoline honorarium for each route you serve

## **Corporate Groups**

Does your company encourage volunteering? Why not organize a group in your office to share a Meals on Wheels delivery route over lunch breaks? By volunteering once a week or twice a month, your company can have a big impact on your community.

## **Why Volunteer?**

- Help individuals in your community enjoy healthy, independent living
- Assist families in answering the growing needs of their loved one
- Meet new people in your neighbourhood
- Keep active with light exercise at your own pace
- Complete the volunteer hours required by your education programs
- Make a difference without making a huge commitment





## Fun For All Ages

Delivering Meals on Wheels is a rewarding way for people of all ages to get involved in their community. Recruit the help of your children or grandchildren – it's a great way to teach them about the value of volunteering. Many of our clients love to see new faces, especially kids.

## Spare Drivers Needed

If you like the idea of volunteering but can't make a regular commitment, join our spare drivers list. We'll call you when we need an extra hand, or you can call us with your availability.

## Our Meal Program

Meals on Wheels delivers hot dinners, bag lunches and frozen meals straight to our clients' doors. We partner with the Winnipeg Regional Health Authority (WRHA) and independent care facilities to serve nutritious meals, and we also work with the Gwen Sector Creative Living Centre for kosher meals. Our dedicated volunteers deliver direct to homes and apartments across Winnipeg.

Meals on Wheels is more than a meal – it's a way for hundreds of Winnipeggers to continue living independently and with dignity. Delivering nutritious food is the heart of our service, but for many of our clients, the daily contact with a volunteer is what they cherish most. Family members also feel confident knowing someone is quickly checking in on their loved one.

**Get started today!** Call (204) 956-7711 or visit our website at [mealswinnipeg.com](http://mealswinnipeg.com) for more information.



**Meals** on  
**Wheels**  
WINNIPEG

Feeding Independent Living™

174 Hargrave Street  
Winnipeg MB R3C 3N2  
tel: (204) 956-7711  
fax: (204) 956-7722

[info@mealswinnipeg.com](mailto:info@mealswinnipeg.com)  
[www.mealswinnipeg.com](http://www.mealswinnipeg.com)

Open Monday to Thursday  
8:30 a.m.- 4:00 p.m. and  
Friday 8:30 a.m. - 3:00 p.m.

On all major holidays, our  
office is closed but meals are  
still delivered.