

What is Meals On Wheels (Sudbury)?

Meals On Wheels (Sudbury) is a community-focused organization embracing volunteerism in the provision of nutritious meals and services.

We're always looking for new volunteers to help individuals remain independent in their homes.

NOW IS YOUR CHANCE TO JOIN!

Volunteer Positions

A variety of volunteer positions are available at Meals On Wheels (Sudbury) including:

- Volunteer Delivery Driver
- Volunteer Deliver Driver Helper
- Kitchen Volunteer
- Committee Volunteer
- Office Volunteer
- Board of Directors
- Wheels to Meals Volunteer

Qualifications

All Meals On Wheels (Sudbury) volunteers must possess a valid driver's license, have access to a reliable, insured vehicle (Delivery Driver) and pass a screening process that includes police and driving background checks.

HOW YOU CAN BECOME A VOLUNTEER

Call our office
(705) 525-4554

E-mail us
meals25@sudburymeals.org

Drop by our office
1127 Bancroft Drive Sudbury, ON

Contact us online
<http://goo.gl/OwQ5X>



MEALS ON WHEELS
(S U D B U R Y)

VOLUNTEER WITH US

Will I be interviewed?

Meals On Wheels (Sudbury) will conduct an interview with you. The interview can be done over the phone or in person at the Meals On Wheels (Sudbury) office.

This allows us the opportunity to get to know you better and for you to find out more about the volunteer position and expectations. We also want to match you with the appropriate volunteer role to ensure your experience with Meals On Wheels (Sudbury) is positive and rewarding.

Will I need training?

All volunteers are required to attend a general training and orientation meeting prior to volunteering. Some volunteer positions will require more formal training and will depend on the volunteer position chosen. (i.e. Kitchen Volunteers are required to be certified in Safe Food Handling)

When will I be trained?

Training and orientation will take place on a date determined by the Volunteer Coordinator and yourself.

Will I need to pay for any training?

All training provided by and required by Meals On Wheels (Sudbury) is covered by Meals On Wheel (Sudbury). Any additional training not required by Meals On Wheels (Sudbury) will not be covered.



What type of Commitment is required?

The time and commitment required to volunteer for Meals On Wheels (Sudbury) varies depending on what volunteer position you choose. Meals On Wheels (Sudbury) does ask that our volunteers make themselves available at least one (1) day each month, unless the volunteer is on a leave of absence.

We understand you have a schedule outside of volunteering; it's our goal to work with you to ensure you have a positive and rewarding experience with Meals On Wheels (Sudbury).

If you would like to learn more about volunteering at Meals on Wheels (Sudbury) please contact our Volunteer Coordinator at

(705) 525-4554 or email

meals25@sudburymeals.org

As a Meals On Wheels (Sudbury) Volunteer you will:

- gain valuable work experience,
- give back to the community,
- make a positive difference,
- develop new skills,
- network and meet new people,
- and enrich your life.