



# Meals On Wheels

*Meals are just our first course!*

## AGENCY VOLUNTEER OPPORTUNITIES

**Homebound Meal Deliveries:** Deliver meals with your own vehicle to homebound residents one hour per week any Monday-Friday, between the hours of 10 a.m. to 12 p.m. Volunteers may also choose to assist on a less frequent basis, such as on holidays only, as a substitute driver or during inclement weather. Individuals or families welcome. Children are encouraged to accompany adults.

**Commissary Assistance:** Assist with meal preparation at our Nanuet any Monday through Friday, 7:00 a.m. to 11:00 a.m. Dress Code: long pants, sleeved shirt, and rubber soled shoes. Individuals or families are welcome, but children must be 12 years of age or older.

**Adult Day Center:** Patient and compassionate volunteers are welcome to work with individuals diagnosed with Alzheimer's or other forms of dementia. The center operates Monday through Friday 8:30 a.m. -4:30 p.m. Volunteers must have proof a recent physical and a negative PPD.

**Senior Activity Centers:** Provide center participants with musical entertainment, educational programs, arts and crafts projects, or assist with board games, card games and serving lunch. Volunteers are needed Monday through Friday 10:00a.m to 2:00p.m.

**Fundraising/ Administrative/Outreach Committee(s):** Help plan for annual fundraisers such as our 10K/5K Bill Fortune Run & March for Meals Walk, the Golf Outing, the Harvest Moon Grand Reception, and the Thanksgiving Pie Sale; assist with administrative needs that are essential to the agency, such as preparing mailings, filing and data entry or reach out to the community by representing the agency at street fairs and community events.

**Blizzard Boxes:** This emergency food program helps ensure that the agency's homebound meal recipients have a sufficient supply of non-perishable food items in case of weather related emergencies. Donate shelf-stable food items and pack into decorated shoe boxes as complete meals. Detailed instructions are provided on the agency's website at [www.mowrockland.org](http://www.mowrockland.org)

**Caring Cards and Crafts:** Create small crafts and cards for the homebound meal trays. This is a great project for school, scout and community groups to let our meal recipients know that someone cares.

**Mutts N' Meows Pet Pantry:** Solicit and distribute pet food donations to our meal recipients.

**Other programs:** Pantry on Wheels, Magnolia Meals, S.A.M. club

[www.mowrockland.org](http://www.mowrockland.org)

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