

# Volunteers Needed: **Meals on Wheels**

Would you like to make a real difference in peoples' lives? Do something that is satisfying and really helps your community? Then why not join us at **North Shore Meals on Wheels**\*. There's a lot you can do in just 2 hours a week.

**North Shore Meals on Wheels** delivers nutritious, freshly prepared meals to people in our community 3 days each week. We urgently need more volunteers to get meals to our clients throughout the North Shore. Being a volunteer with **North Shore Meals on Wheels** is like helping a neighbour in need. No expertise required; just a desire to help out and a willingness to commit up to 2 hours a week.

We need help in the following areas:

- **Delivering meals to clients:** picking up meals from one of our 2 prep kitchens (one on Lonsdale, the other on Taylor Way) and delivering them to the homes of up to 8 our clients (1 day/week, 11:30 am to 1 pm; requires a car).
- **Allocating meals for clients:** working in one of our 2 kitchens portioning and re- heating meals that have been delivered from The Pantry Restaurant (1 day/week, 9:30 am to 11:30 am).
- **Picking up food from our supplier:** picking up the food in bulk from The Pantry Restaurant, in the North Shore Holiday Inn, and delivering it to one of 2 kitchens (1 day/week, 9:30 am to 10:30 am; requires a car).
- **Spares:** If you are can't commit to a regular weekly spot we can still use your help! Our spares list is used when regular drivers, kitchen staff, and pick up drivers are not available.

For more information, please call Troy at: 604-922-3414.

\* **Meals on Wheels** is a volunteer based non-profit organization that delivers tasty and nutritious meals directly to the door of vulnerable subscribers in our community 3 times per week. We deliver meals to the home, check in with clients, and notify our office if something appears out of the ordinary. At **Meals on Wheels** we keep our clients well, and give their families peace of mind.