



FACT SHEET

VOLUNTEER OPPORTUNITIES

Overview

Our mission is to enhance the quality of life for young and old by providing appetizing, nutritious meals as well as support services for seniors which enable them to maintain their independence and dignity.

Together, we can deliver ...

Meals on Wheels, Etc. volunteers touch the lives of hundreds of seniors here in our community every day by donating their time and service.

Our volunteers come from all walks of life: individuals, couples, retirees, stay-at-home moms, school groups, business and corporate groups, churches, and civic groups. Here are a few of the many volunteer opportunities available at Meals on Wheels, Etc.:



Delivering Meals

Meals are picked up at neighborhood distribution sites and delivered by volunteers, Monday through Friday. Each volunteer makes between 10 and 12 deliveries, which takes approximately 1 to 2 hours.



Neighborhood Dining Sites

From serving meals to welcoming our clients and sharing conversation, volunteering at our Neighborhood Dining Sites is a meaningful way to support our seniors and foster a sense of community.



Home Improvement Projects and Chores

Volunteers and volunteer teams aid seniors with home maintenance tasks such as yard work, pressure washing, and modest home repairs.



Kitchen Volunteers

You can play a vital role by volunteering in our kitchen, helping to package meals for delivery to seniors in our community.



Special Volunteer Opportunities

Special opportunities also exist and are often arranged based on the skills, availability, and interests of each volunteer. From assisting with special events to supporting community fundraisers, there are many ways to get involved and make an impact.

Only with the **help of more than 400 volunteers** are we able to **provide more than 404 meals a day** and support services for seniors here in Seminole County.



For more information:

📞 407-333-8877

🌐 mealsetc.org

📍 2801 S. Financial Court, Sanford, FL 32773



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VOLUNTEER OPPORTUNITIES

Our programs & services

-  Home Delivered Meals & Neighborhood Dining Centers
-  Transportation
-  Home Assistance (Chores & Homemaking - license #233369)
-  Weatherization
-  Energy Bill Assistance
-  Legal Aid
-  Top Hat Catering



You too can make a difference in the life of a senior...
volunteer!

PARTNERS



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