

MEALS ON WHEELS OF MERCER COUNTY VOLUNTEER OPPORTUNITIES

MAKE A POSITIVE IMPACT ON OLDER ADULTS

There has never been a time more critical to make a difference for our seniors. Volunteers are the heart of Meals on Wheels of Mercer County. Your day will be brightened by the participant's smile that greets you while delivering meals. Whether delivering meals, assisting in the office or a special event, volunteering is truly "Food for the Soul."

Sometimes a volunteer is the only person our seniors see all day.

To volunteer, call [609-695-3483](tel:609-695-3483)

MEAL DELIVERY VOLUNTEERS

Delivering meals is a rewarding experience for both you and our participants. It is a special opportunity to help our community by providing nutrition to our homebound participants and most of all for providing compassion and kindness to those who are socially isolated.

MEAL DELIVERY VOLUNTEER INFORMATION

- Meals are delivered from approximately 10:10 am to 12:30 pm Monday-Friday
- Volunteers may choose to deliver on their own or be paired with another volunteer to be a driver or a "runner". You can choose your partner or ask to be paired.
- We also offer volunteer group options for companies and organizations.

OFFICE VOLUNTEERS

Office volunteers support our staff by working on mailings and newsletters, or helping on other projects during our office hours Monday through Friday. We look forward to your help!

EVENT VOLUNTEERS

Join us as a Fair or Event volunteer! Throughout the year, Meals on Wheels Mercer County participates in community fairs and other fundraising events. We would appreciate your help in preparing for the events or participating in speaking engagements to publicize our program in the local community.

We currently have an event coming up that needs volunteers. If you love animals, this is for you! Our first [Pet Walk](#), "Paws for Our Cause" will be held on **Saturday, May 13 from 1-3pm at Rosedale Park** in Pennington, NJ.

Here are some ways you can help:

- Set up (beginning at noon)
- Registration table - hand out giveaways
- Pet Food Collection - manage and organize donations
- Water Bottle Distribution Table
- Walking Path - provide directions
- Parking Area - assist with parking
- Photos - manage photographer, pets and owners
- Children's Activities - water tattoos, face painting

VOLUNTEER QUALIFICATIONS

To sign up as a volunteer, you will need to fill out an application, sign some documents through DocuSign and complete our online training.

- Applicants must complete a background check - cost \$16.
- No age limit for volunteers; however, a parent or guardian must accompany children under the age of 18.
- Proof of valid driver's license and automobile insurance must be provided.
- A training video is provided to all volunteers prior to their first volunteer experience.
- Read the MOWMC Volunteer Handbook.
- *Meals on Wheels of Mercer County does not accept volunteers needing court-ordered hours.*

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