

# DAY OF CARING®

## MEALS ON WHEELS VOLUNTEER

### The Impact - #UNIGNORABLE issue: food security

Many seniors, individuals and families during these times are struggling to access healthy food. Many are unable to cover all their essential costs and pay for basic healthy foods. Food insecure households may be forced to put their food budget towards other pressing expenses. United Way Greater Toronto supports programs to improve access to high-quality, affordable, nutritional, and culturally- appropriate food in areas where it is needed most.

### Activity description

Isolated individuals, especially seniors or those living with a disability, depend on agencies to deliver meals to their homes during the morning hours. Agencies rely on volunteer help to collect the food from the agency and deliver to homes of isolated individuals. Interested volunteers must have a driver's license and vehicle if volunteering as a driver. Food runners are required as well and don't need a vehicle.

### How does it work?

- Volunteers will have to go to the assigned agency at a fixed time (Note: timing varies depending on the location).
- The agency will provide a road map for the food deliveries within a certain geographic location.
- Volunteer will then take the specified meals and deliver to individual's homes and report or call the agency upon completion.

### Timing

**The activity can take anywhere from 3 to 5 hours to complete.**

- This activity is usually in the morning hours so that the seniors get their lunches on time.
- There are food runners and drivers required, depending on the location.

## Who can participate?

- Ability to lift 10-20lbs comfortably
- **For Runners** – Ability to walk up and down stairs comfortably as some locations may not have elevators
- **For Drivers** – a valid driver's license and insurance if using their own vehicle. Agencies often have volunteer drivers, but at some locations, they need additional volunteer drivers.
- Formal background checks for company employees are not required.
- Group size can range from 5-10 volunteers that can participate at one time.

## Booking information

To learn more, contact your United Way partner or email [donorengagement@uwgt.org](mailto:donorengagement@uwgt.org)

## After the activity

Tell us about your experience! Share your feedback with United Way using the survey link that will be included in your confirmation email.