

## **Meals on Wheels Volunteer Driver Information**

Meals on Wheels is more than just delivering food — it's delivering connection, care, and support to individuals in the Brooks–Newell Region. As a Volunteer Driver, you play a vital role in helping seniors and individuals with mobility or health challenges remain independent in their own homes.

## **What Does a Volunteer Driver Do?**

Volunteer Drivers are responsible for:

- Picking up meals from the Newbrook Lodge at 11 AM
- Delivering meals to clients along a pre-determined route
- Reporting any concerns about client wellbeing to FCSS staff

Routes are designed to be efficient and manageable, typically taking **30 - 60 minutes to complete**.

## **When Are Volunteers Needed?**

- **Monday to Friday**
- Volunteers typically sign up for specific days that work with their schedule
- Flexible scheduling options are available — whether you can help once a week, once a month, or on a casual basis

## **Who Can Volunteer?**

We are looking for individuals who:

- Have a valid driver's license and access to a reliable vehicle
- Carry valid vehicle insurance
- Are friendly, dependable, and compassionate
- Can commit to arriving on time for their scheduled delivery day

*A criminal record check may be required.*

## **Why Volunteer?**

- Make a meaningful impact in your community
- Help individuals maintain independence and dignity
- Build connections and reduce social isolation
- Flexible commitment that fits your schedule
- Be part of a supportive and caring volunteer network

## **Does this sound like a good fit for you? Reach out to us!**

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