

# Volunteers



## What is involved?

Our volunteers deliver nutritious meals to over 500 people every day. We need volunteers with reliable transportation, a good driving record, and a strong desire to make a difference in the lives of the individuals and families we serve.

Typically, we ask our volunteers to donate a minimum two hours a month around lunchtime during the week. We are flexible and will work with your schedule.

To ensure the safety of our clients, training and background checks are required.

## How do I get started?

To sign up for an orientation session contact our coordinator at [volunteer@mobilemeals.org](mailto:volunteer@mobilemeals.org) or 419.255.7806.



**mobilemeals**  
DELIVERING INDEPENDENCE

# Volunteering for Mobile Meals has its rewards.

Helping others  
Making a difference  
Finding purpose  
Enjoying a meaningful conversation  
Connecting with your community  
Feeling involved  
Using your skills in a productive way  
Developing new skills  
Meeting new people  
Exploring new areas of interest  
Impressing your mom  
Impressing yourself  
Expanding your horizons  
Getting out of the house or office  
Making new friends  
Strengthening your resume  
Feeling better about yourself  
Living longer

**We are always looking for  
dependable and dedicated volunteers.**

**419.255.7806**  
**[volunteer@mobilemeals.org](mailto:volunteer@mobilemeals.org)**



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