

**Position Title:** Frozen Meal Delivery Volunteers: Runners & Drivers  
**Reports to:** Meals on Wheels Supervisor  
**Location:** 192 Carlton Street, Toronto ON, M5A 2K8

---

**POSITION SUMMARY:** Frozen Meal Delivery volunteers deliver frozen nutritious meals packages to individuals, mostly seniors, who have difficulty shopping and/or standing to prepare meals.

**QUALIFICATIONS:**

- Reliable and punctual; sensitive to the needs of others
- Able to physically carry meal delivery bags
- Good comprehension of English to receive instructions; interact with clients; and communicate with other volunteers and staff.
- Able to accept feedback and work well as part of a team

**MAJOR RESPONSIBILITY INCLUDE, BUT ARE NOT LIMITED TO:**

- Deliver meals to clients at designated stops on route sheet
  - Drivers: take teams to client homes
  - Runners: deliver meal packages to clients
- Observe clients' appearances and health when delivering meals
- Report problems or concerns to the Meals on Wheels Supervisor immediately upon completion of route
- Adhere to Meals on Wheels policies and procedures



**COMMITMENT:**

- **9:00am – 11:00am for a minimum of 3-months.**
- **Shifts are available: Tuesdays and/or Thursdays**

**RECRUITMENT PROCESS:**

- Complete agency volunteer application form;
- Attend an On-Boarding and Training session;
- Receive on-the-job training with experienced volunteer(s).

**DRESS CODE:**

- Dressed appropriately for meal deliveries and the weather; close-toed shoes are required
- Clothing does not include words, pictures or slogans that may be considered offensive

**BENEFITS**

- Interaction with frail seniors, individuals with Alzheimer disease or other dementias and adults with a disability or illness
- Opportunity to meet new people and promote the wellness and independence of clients
- TTC tokens provided to volunteers who live more than 5km away and do not qualify for the Ontario Works transportation allowance
- Reference letter provided after 24 hours of volunteer service

**For more information, and to apply, please contact:**

Volunteer Department  
416-863-0499 ex. 3225 [volunteer@dixonhall.org](mailto:volunteer@dixonhall.org)