

Meals on Wheels FAQ

1. HOW DO I SIGN UP TO VOLUNTEER WITH MEALS ON WHEELS?

Please fill out the volunteer application and contact Volunteer Supervisor Maureen Sullivan at 407-373-7752 or msullivan@seniorsfirstinc.org to set up a brief phone interview.

2. WHEN DO YOU OFFER VOLUNTEER TRAININGS/ORIENTATIONS?

Following your interview, we will set a time to provide an orientation and route ride along to ensure you are completely comfortable. Unfortunately we are unable to accommodate walk-ins.

3. CAN I VOLUNTEER TO DELIVER MEALS ON A REGULAR BASIS?

Yes! Secure a route and a weekday morning that works best for your schedule. Routes take about 90 minutes to complete.

4. IS THERE A MINIMUM COMMITMENT TO VOLUNTEER WITH MEALS ON WHEELS?

The duration of your volunteering is flexible; however we prefer at least a 6 month commitment. As volunteers we realize your needs come first and that there may be days you cannot deliver. We are equipped to provide back up for your delivery in the event of your absence from time to time.

5. DO YOU HAVE EVENING OR WEEKEND VOLUNTEER OPPORTUNITIES?

There are no evening or weekend opportunities.

6. DO YOU HAVE VOLUNTEER OPPORTUNITES FOR CHILDREN AND FAMILIES?

Yes. Children of all ages may accompany a trained volunteer over the age of 18 years.

7. CAN I VOLUNTEER TO MAKE MEALS OR HELP IN OTHER WAYS?

There are no opportunities to make meals but we have a variety of ways to volunteer with Seniors First. You can find more information on additional volunteer opportunities [here](#).

8. WHAT AREAS DO YOU DELIVER TO?

We deliver in West Orlando, Conway, Winter Park, Winter Garden, Apopka, Pine Hills and East Orlando.

For additional information please contact our Volunteer Supervisor at 407-373-7752 or email seniorsfirstinc.org/volunteering.