

SUMMER VOLUNTEERS NEEDED

ANY DAY MONDAY – FRIDAY TO DELIVER LUNCHTIME MEALS TO HOMEBOUND SENIORS

The Mobile Meals program is part of the Senior Nutrition Program at the CAC Office on Aging. It is the home-delivered meal program for senior citizens in Knoxville and Knox County (called Meals-On-Wheels in other areas).

Mobile Meals serves nutritious noontime meals (weekdays) to seniors unable to cook for themselves, and who have no one to cook for them. Additionally, the wonderful volunteers who deliver meals check on the health and well being of the people they visit. Daily over 900 seniors are served. On average 100 volunteers per day deliver a warm smile, a friendly greeting, and a hot lunch to help these elderly members of our community stay independent and in their own homes as long as possible.

Would you consider joining our family of volunteers this summer?

Children are more than welcome to go along and help brighten up the day for homebound seniors. Routes are available in every zip code, and for as many or as few days as you are interested in. Volunteers can give us a list of dates or just call when they want to be put on the schedule. Whatever your preferences and availability, Mobile Meals will have an opportunity that fits. The delivery process usually takes about two hours. Volunteers will receive an orientation (approx. 20 minutes long) just prior to delivering their first scheduled route.

To volunteer or to find out more please contact.....

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