



Meals on Wheels of Polk County

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Web: Mealsonwheelspolk.com/volunteer-opportunities

Mission:

Meals on Wheels of Polk County provides hot, nutritionally balanced meals and a daily contact to the homebound residents of the Polk County area. Our program provides a means of independence for many of our senior citizens – in some cases, it is a means of survival.

Meals on Wheels, Inc. is a non-profit organization, actively supported by churches, civic organizations, businesses, and hundreds of active volunteers and residents throughout the Polk County Area.

Volunteer:

- **MEAL DELIVERY:** Deliver 8-15 meals to home-bound customers. Deliveries generally take place Monday-Friday from 10:00am-noon. Often this is the only contact customers have all day.

Delivery volunteers provide a warm smile and a caring attitude as well as a safety check to help ensure the customer's wellbeing. You must provide your own transportation or share with another driver.

Volunteers pick up the meals at the Winter Haven location for the Winter Haven/Auburndale deliveries. Haines City/Davenport at St. Ann Catholic Church in Haines City. Other pick up locations are available.

- **KITCHEN – FOOD SERVICE:** Help prepare meals and pack hot boxes for delivery. Hours: 6:30am or 8:00am to 10:00am.
- **THRIFT STORE:** Sort donations, assist customers, display items, hang and tag clothes, assist the cashier. Hours: anytime between 9:00am-3:00pm.

