



**Volunteers
Needed**

JOIN OUR VOLUNTEER TEAM

Want to be a part of a great community volunteer opportunity?

Join the team to deliver meals to senior and homebound neighbors in Greater Tampa!

Volunteer as often as your schedule allows. Convenient pick-up locations throughout Tampa.

A volunteer shift take about 60 to 90 minutes to complete.

Monday through Friday opportunities for individuals and/or groups.

Volunteer drivers must be 18 years of age, complete an application and attend a short orientation (in person or virtually). Volunteer drivers use their own vehicle and gas.

When you are a Meals On Wheels volunteer, you are delivering much more than a nutritious meal - you are providing human connection.



**MEALS
ON WHEELS
OF TAMPA**
nourish • enrich • strengthen

Call (813) 238-8410 or go to
www.mowtampa.org/volunteer

