



FREQUENTLY ASKED QUESTIONS

- 3610 Macleod Trail S.E., Calgary, Alberta T2G 2P9 • Phone: (403) 243-2834
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- Charitable Reg. No. 11882 3749 RR0001

The team at Calgary Meals on Wheels believes in giving the information you need to make an informed decision about volunteering and meal service. We have created a list of the most common questions regarding Calgary Meals on Wheels Volunteer and Meal Service Departments.

Volunteer FAQ's

1. Why VOLUNTEER for Calgary Meals on Wheels?

You will gain a sense of giving back in your community by delivering nutritious, affordable meals to seniors, those convalescing and people living with disabilities. You will make a difference in someone's life directly by developing relationships with the clients you serve. You will know the simple act of delivering a meal means social contact, a safety check and independence for people in their homes all across our city year round.

Volunteering is a great way to meet new people, involve the family and find out more of what is happening in your community.

2. What do VOLUNTEERS do?

There are various volunteer positions needed in our organization, although most of our volunteers help in delivering meals to our clients' homes. Our volunteers have many talents and can contribute at all levels of our organization by being a Board or Committee Member, helping in the Office, Fundraising and Special Events, or some Kitchen work.

3. What is the VOLUNTEER TIME COMMITMENT?

Our meals are delivered between 11am to 1pm, Monday through Friday, weekly, every other week or monthly. There is flexibility with availability and the volunteer department will try to work with each volunteer to accommodate schedules. All other volunteer positions may depend on work needed as it could be one day, ongoing, or blocks of time.

4. How do I become a VOLUNTEER?

We invite you to contact the volunteer department by calling 243-2834 or print the application form available online and mail or fax to our office, Attention Volunteer Department. The Volunteer Coordinator will then contact you upon receiving your application form.

5. What is the ADOPT-A-ROUTE Program?

Adopt-A-Route is a simple way for social, corporate and church groups to give back to the community while fostering employee morale or community involvement. Groups who Adopt-A-Route take on the delivery requirements of one route, one day a week by providing two employees or members for two hours (between 11am to 1pm). An Employee or Church or Group Coordinator is needed to schedule 10 to 20 participants (recommended) by providing a schedule to Volunteer Coordinator. Volunteers use their own vehicles while delivering meals. An onsite group orientation will be provided by Calgary Meals on Wheels Staff to train volunteers.

6. Do I need a car to VOLUNTEER?

Drivers require a vehicle; however there are other volunteer positions that do not require a vehicle.

Meal Service FAQ's

1. Can I request certain MEALS?

We cater to health or cultural needs only, not individual tastes.

2. Do I have to a certain age in order to receive MEALS?

No, most deliveries are made to seniors, individuals who are convalescing or living with a disability; however, exceptions are evaluated on a case by case basis.

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