

MEALS ON WHEELS VOLUNTEERS NEEDED!

Roseville Area Schools Needs Your Help To Deliver and Pack Meals During COVID

Meals on Wheels is experiencing a growing demand for home-delivered meals as the impacts of COVID-19 continue. We are committed to making sure those who need a prepared meal can receive one—and **we are in need of additional volunteers** to help make this happen.

We are looking for teams of two to pack meals and get them ready for delivery. Teams arrive between 9:30-9:45am and it takes about an hour to pack the cold bags. You pack the milk and any other cold items like bread, fruit or desserts into a lunch bag. Then put the lunch bags into the delivery bags for the drivers. Once the kitchen is done packing the hot bags you will move these to the meals on wheels room. You must be able to lift 30 pounds.

We also need people to deliver meals. Delivering Meals on Wheels during your lunch hour provides healthy prepared meals to those most vulnerable in your community—and helps them stay home where they are safest during the pandemic. You can volunteer to deliver meals once a week, once a month, with a family member/friend, or on your own – whatever works best for you! Most routes include 10-13 people and you arrive between 10:45-11am and are usually done around noon.

Meals on Wheels is committed to the health and safety of all individuals we serve, including volunteers. COVID protocols based on CDC recommendations are being strictly followed. In addition to increased sanitation and handwashing requirements, masks and gloves are provided/worn and meal deliveries are “no-contact”. This means volunteers ring the door bell, put the meal at the door, step away and wave to the client from a safe distance.

This is a simple and rewarding way to help those most vulnerable during the pandemic, including older adults, people with disabilities, and homebound adults with increased COVID-19 risk.

Call us at 651 604-3520 or email kimberley.palmer@isd623.org to volunteer today!



RAMSEY COUNTY