

“ Volunteering with MoW is good for the heart and soul. Participants often give as much as they get without realizing it. The bright smiles and gratitude along with chats about their day are a bright light in my life.

— Dave ”



MEALS on WHEELS
SACRAMENTO COUNTY

GETTING STARTED

Volunteer orientations are held in person twice a month at the Meals on Wheels Office in Sacramento.

Orientations provide a program overview, current volunteer opportunities and basic volunteer training required for all volunteer positions.

Please call (916)-444-9533 or send an email to volunteer@mowsac.org to reserve your spot!



“ I volunteer because I enjoy the person to person connections we make with our participants. We make their day and they make ours!

— Gary ”

DONATING

Your donation allows us to support the health and happiness of thousands of hungry seniors throughout Sacramento County—seniors who otherwise might not have any other help.

Any donation you make, no matter the size is valued and appreciated. Unique donor and corporate sponsorship opportunities are also available, ask us how you can help!

To make a donation or learn more, please visit our website mowsac.org or contact us at (916) 444-9533.



7375 Park City Drive
Sacramento, CA 95831

PHONE: 916-444-9533
CA RELAY SERVICE: 711
WEB: mowsac.org
TAX ID: 30-0610870

VOLUNTEER OPPORTUNITIES



SO NO SENIOR GOES HUNGRY IN
SACRAMENTO COUNTY



“ While our seniors’ nourishment is enhanced with a hot daily meal, my heart and soul are nourished every time I ring a bell and am welcomed by a senior’s smile and gratitude. I volunteer with Meals on Wheels because if I can help a senior in need with a hot meal, a smile, a wellness check-in and a good listening ear for a few minutes, my heart is full—so very full.

— Debbie ”

OUR PURPOSE

Meals on Wheels provides nutritious meals to seniors 60 or better.

Our **Home Delivered program** delivers meals throughout Sacramento County, our **Community Cafés** serve a lunchtime meal in for seniors to eat together with their friends, and our **Restaurant Program** gives seniors a voucher so they can enjoy a meal at one of our partner restaurants during their open hours. We are a local, tax exempt non-profit organization.

HELP US MAKE A DIFFERENCE

Volunteers are the heart of our program.

Meals on Wheels depends on approximately 300 volunteers giving more than 4,000 hours per month—nearly 50,000 hours per year! Our opportunities range from packing pet food, packing snack bags, representing Meals on Wheels at Community Outreach events to helping to serve meals at our Community Cafés!

Whatever your interest, we have the perfect opportunity for you.

HOME DELIVERED MEAL DRIVERS

Volunteer drivers deliver nutritious meals to our frail, homebound seniors and provide essential status checks and friendly smiles during their deliveries.

Volunteer drivers are needed Monday through Friday year-round. They must have a reliable vehicle, cell phone and email address that is checked regularly, current driver’s license, auto insurance and be able to pass a background check.

COMMUNITY CAFÉ VOLUNTEERS:

Café Volunteers support our Community Cafes located throughout Sacramento County.

Seniors who are mobile and able to enjoy a meal in the company of friends get together for lunch at our Cafés. Café volunteers help heat and serve meals, lead activities and help register new participants. Café volunteers are needed Monday through Friday year-round.

OFFICE VOLUNTEERS

Volunteers help us with many tasks at our administration office. Opportunities can range from telephone calls, data entry, folding and stuffing envelopes and helping with filing and paperwork. We also always have need for language translation, so if you are fluent in other languages, and willing to help translate, let us know!

SPECIAL EVENTS AND PROJECTS

Meals on Wheels always needs help with short term or one-time projects and special events like Community Outreach Events.

Many of these are evenings or weekend events and we will provide training and support for these opportunities.

PRO BONO AND INTERNSHIPS

Skilled professionals are welcome. We also offer internships for college and graduate students looking to gain valuable professional experience in a community-centered organization.

PLEASE VOLUNTEER: Call us TODAY at (916) 444-9533 or email volunteer@mowsac.org to learn more about how your time can transform the lives of your community’s seniors.