

Meals on Wheels FAQ

1. HOW DO I SIGN UP TO VOLUNTEER WITH MEALS ON WHEELS?

Please fill out the volunteer application and contact Maureen Sullivan at 407-373-7752 for a brief phone interview.

2. WHEN DO YOU OFFER VOLUNTEER TRAININGS/ORIENTATIONS?

Following your interview, you may select a date for orientation held every Tuesday from 9am-11am at Seniors First offices. 5395 L.B. McLeod Rd. Orlando, FL 32811. Orientations can be scheduled individually if necessary.

3. CAN I VOLUNTEER TO DELIVER MEALS ON A REGULAR BASIS?

Yes! Secure a route and a day of the week that works best for your schedule. Get started by filling out a volunteer application and contacting Maureen Sullivan at msullivan@seniorsfirstinc.org.

4. IS THERE A MINIMUM COMMITMENT TO VOLUNTEER WITH MEALS ON WHEELS?

The duration of your volunteering is flexible; however we prefer at least a 6 month commitment.

5. DO YOU HAVE EVENING OR WEEKEND VOLUNTEER OPPORTUNITIES?

There are no evening or weekend opportunities.

6. DO YOU HAVE VOLUNTEER OPPORTUNITES FOR CHILDREN AND FAMILIES?

Yes. Children of all ages may accompany a trained volunteer over the age of 18 years.

7. CAN I VOLUNTEER TO MAKE MEALS OR HELP IN THE KITCHEN?

There are no opportunities to make meals or help in the kitchen.

8. WHAT AREAS DO YOU DELIVER TO?

Apopka, East Orange, Pine Hills, Tangelo, Town & Country (downtown), West Orlando, Winter Park, Winter Garden/Ocoee.

For additional information please contact our volunteer coordinator at 407-373-7752 or email seniorsfirstinc.org/volunteering.