

# MEALS ON WHEELS NEEDS YOU!



## Volunteers Needed!

Many people tell us that volunteering to deliver Meals on Wheels is a very satisfying position – *it feels good to support this worthwhile program, being able to visit briefly with people in the community while assisting them to live independently.*

Meals on wheels delivery is a popular volunteer program for those who wish to volunteer but have busy schedules themselves. The time commitment is attainable for those who work or are retired as well as high school and Sask Polytechnic students alike. It takes approximately 30 – 45 minutes over the lunch hour.

Learn more by clicking here.

If you wish to volunteer,  
please call Volunteer Services at 306-691-6508.