

Meals on Wheels Gaston

When you pledge to join the more than 500 Gaston County Meals on Wheels volunteers, you will

- help deliver nutritious meals,
- make safety checks and
- keep hundreds of Gaston County's isolated seniors living independently in their own homes — where they want to be.

Volunteer Positions

- Meal delivery driver
- Meal site helper
- Volunteer scheduler
- Activity specialist
- Social media captain

Volunteer Qualifications

All Meals on Wheels Gaston volunteers must possess a valid driver's license, have access to a reliable, insured vehicle and pass a screening process that includes a criminal background check.

HOW YOU CAN BECOME A VOLUNTEER

Call our office
(704) 862-7540

Email us
MOWvolunteer@gastongov.com

Find us on Facebook
www.facebook.com/gaston
mealsonwheelsandmore

Contact us online
www.mealsonwheelsgaston.
com

Gaston County DHHS
330 Dr. Martin Luther King, Jr. Way
Gastonia, NC 28052



MEALS on WHEELS
GASTON

TOGETHER, WE CAN DELIVER.

VOLUNTEER WITH US

Will I be interviewed?

Meals on Wheels Gaston will conduct an interview with you. The interview can be done by phone or in person at the nearest meal site.

This allows us the opportunity to get to know you better and for you to find out more about the volunteer position and expectations. We also want to match you with the appropriate volunteer role to ensure your experience with Meals on Wheels Gaston is positive and rewarding.

Will I need training?

All volunteers receive training and orientation prior to starting their volunteer assignments.

When will I be trained?

Training and orientation will take place on a date determined by the volunteer coordinator and you.

Do I need any special skills?

No. Just a big smile and a desire to care for those who once cared for us!



Meals on Wheels Gaston volunteers

- Gain valuable work experience
- Give back to the community
- Make a positive difference
- Develop new skills
- Network and meet new people
- Broaden their resumes
- Enrich their lives

What type of commitment is required?

The time and commitment required to volunteer for Meals on Wheels Gaston varies depending on what volunteer position you choose. Meals on Wheels Gaston asks that our volunteers make themselves available at least 1 hour each month.



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