



Meals on Wheels Volunteer FAQ

Q: How can I help?

A: Our greatest need is for volunteers who can deliver meals to clients between the hours of 10:00 a.m. and 1:30 p.m., Monday through Friday. We also need volunteers to pack the meals by route for the drivers from 9:00 to 11:00 a.m. Monday through Friday.

Other volunteer opportunities include making cards, gift wrapping, pet food drives, exercise coaching, phone companions, administrative, special events, and health fair outreach.

Q: How much time will it take?

A: We ask pack-out and meal delivery volunteers to share one day per week, spending about two to three hours on each one of those days. Other opportunities are flexible; the more you give of your time, the more it increases our capacity to serve those who would like our service.

Q: Where do I pick up the food?

A: Meals are assembled and picked up at The Jerry Larson FOODBasket located at 1043 Garland Avenue, San Jose CA 95126. The volunteers drive their own automobiles. We provide the necessary equipment to transport the meals safely and efficiently.

Q: What training is necessary?

A: An initial meeting and orientation to The Health Trust and Meals on Wheels takes about 30 minutes. Drivers require a background check, a one-hour procedural training, and a ride-along orientation.

Q: What tools will I be given to work with?

A: A route report with an outline of client details and diet information, and detailed directions to each location.

Q: Does Meals on Wheels provide insurance coverage?

A: Each volunteer must have a valid driver's license and must carry his or her own auto liability insurance.

Q: What sort of time commitment is necessary?

A: We ask for at least a six-month commitment with an open end to encourage you to continue volunteering for Meals on Wheels as long as you would like.

For additional information about our volunteer opportunities, please contact volunteers@healthtrust.org.

Meals on Wheels 3180 Newberry Dr., Suite 200, San Jose, CA 95118
408-961-9870 (Office) 408-265-2749 (Fax)