



**Centre d'action  
bénévole de  
Montréal**

**Volunteer  
Bureau of  
Montreal**

## **Driver for Meals-On-Wheels - 37273**

Want to get more involved in your community? Would you like to meet people? Become a volunteer driver at our organization and join our vibrant intergenerational community brought together by food and community engagement!

Meals-on-Wheels (MoW) :

Meal-on-wheels deliveries are not only an essential service, but are also an opportunity to break social isolation among our clients-members. Whether chatting at the door for 5 minutes or taking half an hour for a visit, meal deliveries are one way we try to create connections between generations.

The volunteering shifts in the MoW program at Santropol Roulant :

Meal deliveries start at 2 :45pm from our office located in the borough of Plateau-Mont-Royal where volunteers come in to pick up the meals and delivery bags. The delivery routes are in the boroughs of Côte-des-neiges and Notre-Dame-de-Grâce. It is possible to do the deliveries alone or in pairs and the delivery routes last about 2-3 hours from start to finish. Staff members remain available by phone during delivery routes if there are any problems. Once all meals have been delivered, volunteers return to the Roulant to check-in with staff.

- We can lend one of our cars to drivers who don't own one. For drivers who have their own car, we reimburse the cost of gas and mileage if needed.
- We provide the volunteers with surgical masks and hand sanitizer to wash their hands before and after each delivery.
- We offer a dessert to volunteers when they return

Looking forward to meeting you!

### **Type of volunteering**

Regular , Punctual / short term

### **Type of activity**

Meals on Wheels and Food Support

## **Language that the volunteer must be fluent in**

French , English , French and English ,

## **Advantages offered to volunteers**

reimbursement for gasoline / mileage , the reference letter on request

## **Groups accepted of a maximum number of 2 people**

## **The organization is able to accept**

families with young people (family volunteering)

## **For this activity ,the organization is able to welcome families with children**

YES

## **Minimum accepted age of the child**

6

## **Duration of engagement**

No minimum hours

## **Schedule**

**Du lundi au samedi, à l'exception du jeudi - Mon-Sat (except Thu) - 14 :45-18 :00**

## **Disponibilities**

	MorningAM	AfternoonPM	Evening
Monday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# **Santropol roulant**

**Address of the organization**

**111 rue Roy Est**

**District of the organization:**

**Le Plateau Mont-Royal**

**Volunteering location**

**Address of the organization,CDN/NDG**

**District of the place of volunteering:**

**Le Plateau Mont-Royal**

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This offer comes from the site <https://www.cabm.net/>