



MOUNTAINLAND
ASSOCIATION OF GOVERNMENTS
Serving Summit, Utah and Wasatch Cities & Counties

VOLUNTEERS NEEDED TO DELIVER MEALS-ON-WHEELS IN AMERICAN FORK

Meals-on-Wheels needs volunteer drivers one day a week, for one hour, in a limited delivery radius from American Fork Senior Center. Mileage reimbursement is available for members of the Retired and Senior Volunteer Program (RSVP).

Volunteer drivers are the people who actually deliver the meals to elderly, ill, frail, or disabled seniors in their homes. Volunteers use their own vehicles to pick-up the food at the senior centers, or meals can be dropped off at local businesses. The individual meals are packed in hot and cold food containers on a rolling cart.

The senior center Meals-On-Wheels volunteer routes consist of 8 to 11 meals in a four mile radius from the senior center. We can arrange a route from your business if you have a minimum of 7 volunteers. It takes about ½ hour to 1 hour to complete. Meals are delivered between 10:00 a.m. and 1:00 p.m.

Please consider volunteering for one hour, once a week or as a back-up substitute.

Did you know?

- Research shows volunteers are happier healthier people.
- Beginning in 2015, one person in Utah will turn 65 years old every 23 minutes.
- The fastest growing segment of our population is age 85 and older.
- Meals-On-Wheels enable seniors to age gracefully at home.

If you are interested in delivering Meals-On-Wheels, please contact Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org .

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