

## **Volunteer Opportunities**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Volunteer drivers must have valid Driver's license

Family

No

Intake Process

Call the Volunteer Coordinator for more information and application

Self Refer

Yes

Meals on Wheels of Arlington, Inc.

<http://www.mealsonwheelsarlington.com/>

<http://www.mealsonwheelsarlington.com/volunteer.html>

Main

(703) 522-0811

P O Box 40203

22204 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Meals on Wheels of Arlington needs volunteers to handle the numerous tasks involved in the operation of Meals on Wheels. Volunteers discharge the numerous tasks that are essential to the operation of the organization. Tasks include preparing and packing a hot meal and a cold meal for each client; packing meals into thermal containers and trucking them to First Presbyterian Church; volunteers then transfer the containers into their own vehicles and deliver them. There are about 15 routes, each serving 10-13 clients. Volunteers then return the containers

to the church.

Please call for more information about volunteering.

Service Area(s)

Arlington County

Email

[info@mealsonwheelsarlington.com](mailto:info@mealsonwheelsarlington.com)