

WHAT YOU NEED TO VOLUNTEER

All volunteering opportunities at Meals on Wheels London require:

- The use of one's own personal vehicle
- Current and valid 'G' driver's license
- Up-to-date insurance
- Current Vulnerable Sector Check from London Police

Volunteers are also required to attend an in-person orientation and onboarding session at our office where you will receive all documentation regarding our volunteer positions.

You will receive a call or email to complete registration.

To apply, please go to:
mowl.ca/volunteer/

ABOUT MOWL:

At Meals on Wheels London (MOWL), our goal is to build independence for all of our clients. We offer fresh and frozen meal programs, a curb-to-curb transportation service, and friendly visiting.

OUR VISION

A community in which every person has a pathway to wellness and independence.

OUR MISSION

Nourishing community wellness, one person at a time.

OFFICE HOURS:*

Monday to Friday
8:30 am - 4:30 pm

*Holidays and changes to office hours are listed at www.mowl.ca



MEALS on WHEELS
LONDON

TOGETHER, WE CAN DELIVER.

VOLUNTEER WITH US!



GENERAL INFORMATION

(519) 660-1430
356 Queens Ave
London, Ontario N6B 1X6
www.mowl.ca



FRIENDLY VISIT



SAFETY CHECK



NUTRITIOUS MEAL



info@mowl.ca



[@mowlondon](https://twitter.com/mowlondon)



[@mowlondon](https://www.instagram.com/mowlondon)



[MealsOnWheelsLondon](https://www.facebook.com/MealsOnWheelsLondon)

Supported By:



United Way
Elgin Middlesex



Ontario
Health

FROZEN MEAL DELIVERY DRIVER

Thursday morning routes (2-3 hours)
between 8:30am - 1:30pm

- You are assigned a route with 7-15 clients
- Delivery of frozen meals, soups, and/or desserts
- Meals are pre-packaged and labelled. 7 frozen meals per bag

FRESH MEAL DELIVERY DRIVER

Monday, Wednesday, and/or Friday
routes (2-3 hours) 10:45am - 1:30pm

- You are assigned a route with 10+ clients
- Delivery of fresh daily meals pre-packaged and labelled

SPARE MEAL DELIVERY DRIVER

Choose a route at your leisure!

- Weekly/Monthly emails with spare routes we need assistance with
- You can pick and choose when you take a route



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**WHEELS FOR
WELLNESS**

TRANSPORTATION DRIVER

Mon - Fri between 8am - 4pm
Minimum 30 minutes, up to 4 hours

You are assigned a ride request in advance that includes:

- Name of client
- Name and address of wellness-related appointment location
- Approximate expected length of appointment

** We do not provide rides to the grocery store or for errands.

