

# Meals on Wheels

## **Mondays, Wednesdays & Fridays**

Available 1 day/ week or month, seasonally, on call?  
Schedules created monthly to your preference & availability.

### **Kitchen** 9am-12pm (approx.)

- Assist cook & other 2 kitchen helpers
- Dessert preparation - follow recipes to create desserts (diabetic & regular)
- Dishwashing - wash & sanitize meal containers
- Meal preparation (assist cook with chopping etc)
- Bag packing - dish up food & pack bags according to route sheets
- Help clean kitchen for next group



### **Delivery** (11:30am -1pm approx.)

- Deliver a route of your preference in the catchment area  
(St. Joseph Island, Desbarats, Laird & Echo Bay)
- Safety check & friendly visiting with clients
- Record empty meal container returns
- Mileage reimbursed quarterly



Start volunteering at the Dr. H.S Trefry Memorial Centre today!  
Call us at (705) 246-0036 or visit 1209 Catherine St. Richards Landing, ON