

Big Wheels Deliver Meals



Corporate & group volunteer program

Many homebound seniors in our community lack a volunteer coming to their door with a hot lunch and a kind visit.

Who can help?

You, and your colleagues by delivering or donating – *or both!*

Deliver.

Create a Meals on Wheels team and spend a few hours together each week making sure these seniors have a nutritious meal and see a friendly face. You will be doing much more than delivering lunch.

You'll ...

- ... develop new relationships with your co-workers.
- ... build team spirit to take back to the office.
- ... learn about a part of our city that you might not have visited before.
- ... be the sunshine in someone's day.

All that in less than TWO HOURS each week.

All you need is a couple of hours and a couple of coolers — and a heart for helping our most vulnerable seniors.

Here's how to start:

- Gather between 4 and 10 of your co-workers, and appoint a Team Captain. Everyone will need to complete a volunteer application and a background check. Typically, teams deliver in pairs.
- Set up a time for MIFA to train your team, either at your office or at MIFA. Download our MIFA Meals app for all the delivery details you need, including maps and exact directions.
- Select the best route and delivery date for your team (once a week or once a month) and stick to it! Those seniors are counting on you.
- Use your coolers (you'll need two big ones) or ours ...it's your choice, depending on if it's convenient to return our coolers when your route is finished.

Contact Candice Ivy at (901) 529-4586 civy@mifa.org or visit community.mifa.org to get going.

Donate.

No time to get away from the office? You can still help our older neighbors by sponsoring a meals route. Just \$2,500 covers the cost of the meal and delivery for a typical route twice a month all year long. \$5,000 would cover that same route every week for the entire year. And, we will recognize your contribution in our meals on wheels volunteer hub.

Contact Angela Bledsoe at (901) 529-4571 abledsoe@mifa.org or donate at community.mifa.org.

Why not do both? Deliver and Donate — Double your impact!

Thank you for considering this opportunity to make our community a better place.