

# JOIN OUR VOLUNTEER TEAM

CareBC is looking for volunteers to help deliver meals by bike or car for our Western and Chinese Meals on Wheels programs. We deliver over **400 meals a day** to vulnerable seniors and homebound individuals.

Our Volunteers do more than just deliver a meal, they also provide a short visit and an informal wellness check helping keep seniors safe and connected to their community.

## WHAT DOES IT TAKE TO BE A MEALS ON WHEELS VOLUNTEER?

- ✓ **2 hours** per week
- ✓ Making deliveries on a weekday of your choice between **10:30am and 1:00pm**
- ✓ Making deliveries in Vancouver or Richmond
- ✓ **Connecting** with isolated seniors

Join a dedicated team of volunteers helping communities thrive one meal at a time!



APPLY NOW



OUR WEBSITE



CONTACT US

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