Volunteer for Meals on Wheels

Volunteers are the heartbeat of our Meals on Wheels services.

Our volunteers prepare and deliver healthy meals to older Australians and provide social connection by saying hi and sharing a conversation.

We're aiming to deliver 85,000 meals to Whitehorse residents, and we'd love for you to join our team of wonderful volunteers to help us achieve this goal!

You'll be providing a valuable service to older Australians and in return you'll meet great people, learn new things and be closer to your community.

We provide full induction and training before you begin and have regular thank you events for our volunteers to show our appreciation for your time and efforts.

If you're interested in volunteering with Whitehorse Meals on Wheels, please give Rebecca a call on **02 9017 3881** or drop us an email at **whitehorse@mow.net.au**

WHITEHORSE
MEALS ON WHEELS

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MORE CHOICES
AFFORDABLE PRICES
HEALTHY MEALS

For further information, scan the QR code to visit the Future Fit website or visit: **www.mowfuturefit.com.au/whitehorse**