

MEALS ON WHEELS CLIENTS REPORT IMPROVED HEALTH, SECURITY AND INDEPENDENCE



GECAC Meals on Wheels relies on volunteers to deliver nutritious meals to seniors who can no longer get out or cook for themselves, typically around the lunch hour.

Without support from programs like Meals on Wheels, millions of seniors are forced to prematurely trade their homes for nursing facilities. **We can provide a senior Meals on Wheels for an entire year for roughly the same cost as spending one day in the hospital or ten days in a nursing home.** Meals on Wheels saves us all billions of dollars in unnecessary Medicaid and Medicare expenses every year – tax dollars that can be spent in much better ways.



CALL NOW TO BECOME A VOLUNTEER!

Toll Free 1-800-769-2436 or
(814)459-4581 ext. 458

When you call, GECAC will:

1. Tell you about the Meals on Wheels Program and volunteer roles
2. Send you the volunteer application
3. Explain the background check requirement
4. Schedule a new volunteer orientation



VOLUNTEER FOR GECAC MEALS ON WHEELS

For many of our homebound neighbors, you will be the only person they will see or speak with all day. This special delivery gives them a reason to get up in the morning, something to look forward to and a reminder to take care of themselves.



Qualifications:

- Live in Erie County
- Have your driver's license and insurance
- Have a reliable vehicle
- Complete a background check for seniors' safety

What you will do:

- Choose a delivery route
- Decide which days you will deliver
- Deliver nutritious meals on weekdays

What GECAC will do:

- Provide training
- Provide route information
- Provide packaged meals
- Pay your mileage



GREATER ERIE COMMUNITY ACTION COMMITTEE

Helping People. Changing Lives.

GREATER ERIE
COMMUNITY
ACTION COMMITTEE
(GECAC)

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GECAC MEALS ON WHEELS

TOGETHER, WE CAN DELIVER.



BECOME A VOLUNTEER

