



## seniornutrition

### **Volunteering for Meals on Wheels during COVID-19**

#### **Louisville Metro Senior Nutrition is looking for individuals with a serving heart to join our team**

Frozen meals are delivered one day a week to homebound and independent residents age sixty and over living in Jefferson County. Meals are delivered from one of six distribution sites each week. Your commitment to this program provides seniors, especially during this critical time, the comfort and safety of staying in their home and a weekly social connection to a consistent, caring friend.

Volunteers who believe Meals on Wheels is a good fit for their schedule will

- Call Tiffany Woodson, Volunteer Coordinator, 574-6325
- Complete a volunteer application and criminal background check
- Receive a clean criminal background check report
- Commit to a weekly or bi-weekly delivery route
- Arrive at the distribution site at 10:00 am
- Receive training regarding
  - Safe food handling
  - Meal delivery process
  - COVID-19 protocols & contactless delivery
  - Client interaction parameters (HIPPA)
  - Communication with the Senior Nutrition Office

#### Distribution days/locations

- Mondays - West Louisville / Portland
- Tuesdays – Shively / South Louisville
- Wednesdays (Two locations)
  - Fairdale / Valley Station/ PRP
  - Jeffersontown / Hikes Point / East Louisville
- Thursdays – Okolona / Fern Creek / Highview / Newburg
- Fridays – Old Louisville / Downtown / Highlands / Crescent Hill

*\*Funding for the Senior Nutrition Program is by KIPDA through funds awarded by the KY Department for Aging and Independent Living with funds from the U.S. Department of Health and Human Services. Other sources of income include Louisville Metro Government and private donations.*



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