



TABITHA

Meals on Wheels

Thank You for Your Interest in Volunteering

Nonprofit Tabitha Meals on Wheels (TMOW) relies on **Committed** Volunteers and Donors to power this lifeline program. Since 1967, a **weekday meal, safety check and friendly visit** has been delivered to older adults in the Lincoln area.

To get started, here's some information on TMOW and instructions to complete a quick orientation.

VOLUNTEERS ARE REQUIRED TO:

- Use their vehicle to deliver "route(s)" — one route is composed of 10-15 recipients living within Lincoln city limits (routes are mapped out to navigate in the most convenient manner)
- Be available to deliver from approximately 10 a.m. – 12 p.m. on assigned day(s)
 - Schedule is flexible, based upon which days you're available and how often you'd like to deliver (daily, weekly or monthly)

IF YOU'RE A STUDENT VOLUNTEER:

- You receive two Volunteer hours for each route you deliver
- If you deliver with a partner or class group, each individual also receives 2 hours of credit
- Those under the age of 19 are required to deliver with a partner
 - Partners are NOT required to be over the age of 19

We need you! Sound like a good fit? *Complete the following Volunteer Orientation tasks:*

- Read the Volunteer Guidelines digital handbook: bit.ly/TMOWHandbook
- Watch three-minute training video: bit.ly/TMOWTraining

Tabitha's Meals on Wheels team will contact you to schedule route(s).

Watch for a phone call.

QUESTIONS/CONCERNS?

Contact Volunteers@Tabitha.org | 402.486.8520

NOT ABLE TO REPORT FOR YOUR VOLUNTEER DELIVERY DUTY? NEED TO REPORT A CONCERN ON YOUR ROUTE?

Call the Tabitha Meals on Wheels Office directly: 402.486.8589

Thanks for your interest in becoming a Tabitha Meals on Wheels Volunteer!