



# « ADOPT-A-ROUTE »

*Meaningful Volunteerism for Corporate Teams, Church Groups, Service Clubs & More!*

## HOW IT WORKS »

- Your organization is assigned a route
- Your organization appoints a team coordinator to schedule your volunteers
- Your organization sends a volunteer (or 2!) to deliver meals to your assigned route, one day per week, for one year

## REQUIREMENTS »

- Volunteers must be at least 18 years of age
- Volunteers must have their own vehicle, a valid driver's license and current auto insurance
- At least one volunteer must be available every week to deliver for a regular Meals on Wheels route—*the seniors are counting on us, so we need to be able to count on you!*

## PROGRAM DETAILS »

- Training is provided, as is health & safety equipment (face coverings, gloves, hand sanitizer)
- Deliveries take approximately 2-3 hours, are scheduled on a weekday between the hours of 10am and 3pm (no weekend deliveries)
- Your team has the same route, week to week, comprised of 10-15 stops in Oakland, Hayward, Castro Valley, San Leandro or San Lorenzo

## SIGN UP OR LEARN MORE »

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*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou*