

## KITCHEN VOLUNTEERS

Each weekday morning, a team of Meals on Wheels of Eastern Onondaga County kitchen volunteers assists our cook in preparing both hot and cold meals and packaging them for delivery. Your time and effort make a difference in our community!! Every time you prepare a meal for Meals on Wheels our clients immediately benefit from the nutritious meals and the love, concern, hope and friendship that you offer.

## Job Duties:

- 1. Assist in meal preparation, as directed by cook, in a clean and safe manner
- 2. Package meals for clients, insuring accuracy in content and labeling
- 3. Load coolers for delivery by route, insuring completeness and accuracy
- 4. Wash dishes, clean and sanitize work areas

## Requirements:

No food service experience is needed; our professional staff will guide you. Volunteers should enjoy working in teams and be able to adhere to safety and health codes, stand for long periods of time and work within time constraints. Weekday availability between 8:30-12:00.

Have questions? Would you like to be a kitchen volunteer? **Call (315) 637-5446 or email MOWEOC@gmail.com** today!