

Local Champions Deliver Meals during “March for Meals” to Promote Volunteerism

March 2nd, 2020

Each March, Meals on Wheels providers across Ontario participate in a month long initiative called “March for Meals” to raise awareness about this program and to encourage members of the public to volunteer their time to deliver meals in their communities.

Community Care Peterborough has recruited some local champions to help them increase awareness and community engagement for its Meals on Wheels program in the City and County of Peterborough.

Pete Dalliday and Dani Guppy from Fresh Radio are delivering Meals on Wheels on March 10th. On March 12th Mayor Diane Therrien will be helping our volunteers deliver meals in the City of Peterborough.

With the support of 180 Meals on Wheels volunteers, Community Care Peterborough delivered almost 40,000 hot and frozen meals each year in the City and County of Peterborough.

“Our volunteers are the engine of this program,” said Denise Gould, Community Care’s Meals on Wheels Coordinator in Peterborough. “They pick up their insulated bags from our office and deliver both hot and/or frozen meals to our client’s homes during the noon hour along a pre-planned route. When the route is completed, the volunteers return the bags to our office.”

“The Meals on Wheels program is so much more than a meal,” said Gould. “It also provides a social visit by a caring volunteer, a safety check for many who are isolated, and ensures that seniors are doing well on their own because a Meals on Wheels volunteer may be the only person a senior interacts with on a given day.”

“The need for this program is growing and we would love to have some more volunteers to help make these meals deliveries,” added Gould.

Hot meals are \$8.00 each. They include a soup, entrée, roll and dessert. Frozen meals are available for \$5.25 each and there are many options suitable for dietary needs.

Community Care Peterborough also offers a Meals on Wheels subsidy program for clients who simply cannot afford regular meals. Last year, over 40 clients benefited from the subsidy program, receiving approximately 1,100 meals at no cost. The generosity and compassion of community members made that possible. Charitable tax receipts are available for donations of \$10 or more.

“The services that we provide to clients in the City and County of Peterborough are critical and the need is rapidly increasing,” said Danielle Belair, Executive Director for Community Care Peterborough. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age. I want to thank our local champions for helping us raise awareness about this vital community program, assist in recruiting new delivery volunteers, as well as help our fundraising efforts to sustain this essential program.”

For more information about receiving the Meals on Wheels program or to volunteer to deliver meals, call Community Care Peterborough’s office at (705) 742-7067. If you live in Peterborough County they can direct you to the appropriate local office. If you would like to make a donation to the Meals on Wheels subsidy visit www.commcareptbo.org

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