

BECOME A VOLUNTEER DRIVER

Want to give back to your community? Meet new people? Help our neighbors in need? Then being a volunteer driver for Mountain Meals on Wheels is for you!

MMOW is proud to have a dedicated team of volunteer drivers delivering meals to our recipients Monday through Friday, 52 weeks a year. Volunteer drivers are provided with insulated coolers to transport the meals, up-to-date route sheets to help them navigate their respective routes, and stand-by support in the event they have any issues during their route. During the pandemic period, our drivers are supplied with sanitizing products, masks, and special procedures to ensure their safety and the safety of our recipients.

Volunteer driver candidates are given a short training program, along with a training packet, and a drive-along with one of our volunteers. During the pandemic period, drive-alongs may be conducted as a caravan of cars in order to maintain social distancing.

The service territory of MMOW stretches from Cedarpines Park to Green Valley Lake, and is divided



into several driving routes starting from the Mountains Community Hospital (MCH) in Lake Arrowhead. Some volunteer drivers are scheduled to drive once each week, while others prefer to drive once or twice a month. We try to assign our volunteer drivers to a route closest to their home. The requirements are:

- You enjoy driving and meeting people
- You have a valid California driving license
- You have valid liability insurance on your vehicle

We are always in need of drivers. If you are interested in volunteering or want to find out more, please contact us - we would love to hear from you.



Mountain Meals on Wheels is proud to have reached GuideStar's GOLD level of Transparency. A GOLD level means Mountain Meals on Wheels maintains complete financial and organizational transparency within GuideStar, and has established goals and strategies to maintain a high quality 501(c) (3) organization. Check us out at: www.GuideStar.org

CONTACT US

Visit our web site at:

www.mountainmealsonwheels.org

For general information and correspondence:

Send mail to:

Mountain Meals On Wheels, Inc.

PO Box 623

Lake Arrowhead, CA 92352

Call us at: 909-436-8065

Send an email to:

mmow@mountainmealsonwheels.org

RECIPIENT INTEREST:

To become a recipient, or add someone you know to our program, please contact us at:

meals@mountainmealsonwheels.org

VOLUNTEER INTEREST

If you are interested in becoming a volunteer driver, or volunteering in another capacity, please contact us at:

volunteer@mountainmealsonwheels.org

TO DONATE:

- Visit our web site , and click on DONATE for an easy on-line donation process, or;
- Mail a check to the above address, or;
- Call us at 909-436-8065 for other options.



A Non-profit 501(c)(3) Organization that delivers meals to those with medical needs.

ABOUT OUR ORGANIZATION

Mountain Meals On Wheels Inc. (MMOW) is a non-profit 501 (c) (3) organization. We arrange for and deliver pre-cooked meals to persons who are unable to shop for or prepare their own meals due to illness, frailty, convalescence, or cognitive issues. Our team of volunteer drivers deliver meals throughout the San Bernardino mountain communities - from Cedarpines Park/Valley of Enchantment on the west, to Green Valley Lake to the east.

Meals are delivered Monday through Friday 52 weeks a year with only a few exceptions for six major holidays and severe winter conditions.

MMOW purchases nutritionally balanced meals from Mountains Community Hospital in Lake Arrowhead. Recipients are asked to pay a nominal fee for the meals, but we often subsidize the fees whenever necessary.

Mountain Meals On Wheels is an all-volunteer organization relying solely on our local community and charitable organizations for donations and meal delivery volunteers. We do not receive any governmental grants.

We have a great team of volunteer drivers who not only deliver meals daily, but can also provide an occasional check-up on the welfare of our home-bound recipients.



BECOME A RECIPIENT

Nutritious meals provided by Mountain Meals On Wheels is available to individuals who meet our minimum requirements:

- Candidates must have difficulties in shopping or preparing their own meals due to physical or cognitive issues
- A doctor's referral (recommending how long the recipient would benefit from being on our program)
- Meals Services can be provided over a short term or a long term program

One meal is delivered each day (Monday through Friday) by our volunteer drivers, typically before noon (but may be later in the day depending on the volunteer driver's personal schedule).

Our meals are prepared for Mountain Meals on Wheels by the Mountains Community Hospital in Lake Arrowhead. The capable kitchen team and staff nutritionist ensures a healthy and wholesome meal, consisting of a main entrée and two sides in a microwavable/recyclable container. The meal also includes a bag with a piece of fruit, a drink, and a dessert. Meals can also be customized (within limits) to accommodate for individual needs, such as food allergies or specific dietary requirements.



PO Box 623, Lake Arrowhead, CA 92352
www.mountainmealsonwheels.org



Although we are a fee-based program, the fee payments we receive from recipients cover only a portion of our total meal costs. Hence, the balance of our expenses must be covered by fund raisers, non-governmental grants, and donations from local businesses, charity organizations, and Angels like you. A donation of \$65 covers the cost of meals for one recipient for a single month.

If you would like to be one of our Angels, you can make a donation by:

- Visiting our web site www.mountainmealsonwheels.org and click on DONATE for an easy and secure on-line donation process, or;
- Mail a check payable to:
Mountain Meals on Wheels, Inc.
PO Box 623
Lake Arrowhead, CA 92352
- or call us at 909-436-8065 to arrange a direct bank transfer.