



Volunteer Orientation for Produce On Wheels (POW!)



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Welcome to Meals On Wheels of Tampa

Since 1975, Meals On Wheels of Tampa has been nourishing and enriching the independent lives of homebound and seniors neighbors.

Today, MOWTampa serves more than 800 recipients with a hot, nutritious meal delivered to their door by a caring volunteer.

The meals provide **nourishment** for the body. The words of **encouragement** from volunteers provide enrichment for the soul. For many of our recipients, a visit from a volunteer is the only human contact they will have in a day. Together, we **strengthen** the community by caring for a segment of our population who are often forgotten about.

MOWTampa is a Four Star Rated Charity and relies on the community for support. Meals On Wheels of Tampa does not accept government funding. MOWTampa is also a proud member of Meals On Wheels America.



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Produce On Wheels (POW!)

To increase our senior and homebound recipients' access to fresh produce, a new program was developed, in partnership with Feeding Tampa Bay. This program is **free of charge** to home delivered meal recipients, called **POW! (Produce On Wheels)**,

POW! launched in October of 2015 after a **needs assessment revealed the true wants and needs** of the senior and homebound neighbors we serve.

POW! deliveries are **meant to provide healthy snacks**. Bags typically include: a head of lettuce, a tomato, bell peppers, oranges, pears and a banana. POW! recipients also receive an **educational handout** (offered in both English and Spanish), that has information on the health benefits of what's in the bag, easy recipes and a comments section for feedback.

80+ volunteers deliver the POW! bags to all meal recipients on the 3rd Saturday of most months. Recipients must be home to receive the bag.



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POW! Delivery Dates

Produce deliveries take place on the **3rd Saturday of most months.**

Upcoming POW! delivery dates:

June 15th

July 20th

August 17th

September 21st

October 19th

December 21st (Holiday bags)

**Please visit our website to sign up for
future POW! delivery dates.**

www.mowtampa.org/programs/produceonwheels

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How to become a volunteer

Volunteers must:

- Be 18 years old (or accompanied by an adult)
- Complete a volunteer application (<https://mowtampa.volunteerhub.com/>)
- Have a valid driver license and auto insurance
- Attend a quick orientation
- **Sign up for routes in advance of event**

Need help getting started?
Call us! (813) 238-8410.



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Morning of POW! Delivery

Directions will differ for 1st time volunteers

Meals On Wheels of Tampa (MOWTampa) is located at [550 W. Hillsborough Ave. Tampa, FL 33603](#). Please **arrive at our office between 9:30am-10:30am**.

Please **enter parking lot from North Blvd.**, immediately west of the office. **Enter into the parking lot and pull up behind the car in front of you, as far as possible.**

DO NOT PARK YOUR CAR or GET OUT OF YOUR CAR.



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Arrive at MOWTampa

There is no need to get out of your car. Please pull forward into the car line and a volunteer will greet you in your car.

You will then **receive a Volunteer Handout and route sheet.**

Volunteers will load your vehicle with the appropriate number of bags and your route sheet.



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Delivering POW!

If someone does not answer their door, please call their phone number. If they do not answer, please **give the bag to the next recipient or give away** to someone in need.

Was someone not home? Please notify the office at 813-238-8410 or GetMeals@MOWTampa.org and provide the recipients name and route number.

There is **no need to return to the office when you are finished** delivering your route. Please **shred your route sheet immediately**, due to the sensitivity of the information.

Your feedback is priceless! Please **email any photos, stories, or quotes** you would like to share with us to Shana at S.TaylorPage@MOWTampa.org.

“My kids and I had a blast. They said they loved delivering ‘bags of smiles’ and asked if we could do it again!” –Cole, Volunteer.



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Join Us For Lunch!



We invite you to our office for lunch while we share our mission. This is a great opportunity for you to come meet the staff, tour the kitchen, enjoy one of our meals and hear our story.

Upcoming Nourish at Noon (NAN) dates:

June 6th (Thursday)

July 17th (Wednesday)

August 1st (Thursday)

August 21st (Wednesday)

September 18th (Wednesday)

October 3rd (Thursday)

October 16th (Wednesday)

November 7th (Thursday)

November 20th (Wednesday)

December 5th (Thursday)

Please **RSVP for lunch** by visiting

<http://www.mowtampa.org/events/nan/>

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