



# Volunteer Services

## Volunteer Roles\*

### **Meals on Wheels**

Volunteers willing to commit 2 hours once a month between 10:30AM and 12:30PM to deliver meals to clients residing in Ancaster and surround rural areas. Requirements: must possess a valid driver's license, minimum \$1M in liability insurance and complete a Vulnerable Sector Police Check. Mileage is reimbursed.

### **Frozen Meals**

Volunteers willing to commit 3 hours once a month (Wednesdays) between 10AM and 1PM to deliver meals to clients residing in Ancaster and surround rural areas. Requirements: must possess a valid driver's license, minimum \$1M in liability insurance and complete a Vulnerable Sector Police Check. Mileage is reimbursed.

### **Assisted Volunteer Driving**

Volunteers willing to commit at least 2 times a month to drive ACS clients residing in Ancaster to medical appointments in the greater Hamilton area. Requirements: must possess a valid driver's license, minimum \$1M in liability insurance and complete a Vulnerable Sector Police Check. Mileage is reimbursed.

### **Front Desk**

Volunteers willing to commit 3 hours a week to answer phone calls, assist with administrative duties and connect with walk-in clients/community members. Knowledge of the Ancaster community is a definite asset.

### **Holiday Outreach**

Volunteers willing to commit for either a morning or afternoon shift in the month of December. Duties will include organizing and preparing groceries and toys for households visiting the food bank.

### **Shopping 4 Seniors**

Volunteers willing to commit 2 hours every week or every other week to support local older adults by safety purchasing and delivering their groceries contact-free. Requirements: must possess a valid driver's license, minimum \$1M in liability insurance and complete a Vulnerable Sector Police Check. Mileage is reimbursed.

### **Food Bank**

Volunteers willing to commit 2-3 hours every other week to sort and organize donated perishable and non-perishable food.

### **Food Bank – Donation Collection**

Volunteers willing to commit 1 hour every week to pick up food from various locations in Ancaster. Requirements: must possess a valid driver's license and minimum \$1M in liability insurance. Mileage is reimbursed.

*Above opportunities are for individuals 18+. For youth opportunities please check out 'The Net'*  
<https://ancastercommunityservices.ca/programs-and-services/youth-programs/>

**\*Please note: Vacancies may not currently exist in all areas**