



# Nourish and Connect Group Volunteer Event



Meals on Wheels San Francisco is committed to the belief that all seniors have the right to live independently with dignity and respect in their own homes for as long as safely possible. It is our mission to provide isolated homebound older adults in San Francisco with nutritious meals, daily human contact, and supportive services to prevent their premature institutionalization. Volunteering with us will be a vital part of supporting seniors and contributing to the realization of this mission.

## **Kitchen Tour**

Join MOWSF at our state of the art kitchen with our Executive Chef to understand our mission of Nourishing the Whole Person. During this event you will learn how Executive Chef Richard Crocker, and the MOWSF staff produce meals and provide support for over 5000 seniors and adults in San Francisco and beyond.

Enjoy a lunch with our MOWSF staff at our beautiful new facility located near the produce center of San Francisco. There is parking near our facility. After the tour, you will support our mission by participating in hands-on volunteering opportunities as outlined below.

## **Client Calling Program**

Using a script, you will call seniors from our programs under the guidance of an MOWSF staff member. The volunteer caller will pose specific questions about the MOWSF program, the meals, and how our mission is impacting their lives. These surveys offer valuable insights that inform us about our clients' well-being and how our service is aiding them. With over 500 clients to contact each quarter to fulfill our contractual and grant/funding guidelines, your team's support is crucial for us to achieve this goal.

## **Birthday Celebration**

In addition to the survey, we have the need to create "birthday bags" for each senior celebrating a birthday during the month. Pack fresh baked cookies and decorate birthday bags with a handmade card and created by our kitchen for our seniors' birthdays. The bags are distributed each month with our meals. With the assistance of volunteers this program provides a much-deserved treat, many

smiles and appreciation from a homebound client. On occasion, you may assist the kitchen staff with packaging meals and distribution for our homebound seniors in San Francisco and beyond!

## Overview & Logistics

- Parking: Street parking is available across from our kitchen
- Where: [2230 Jerrold Ave. San Francisco, CA 94124](https://www.mowssf.org/2230-jerrold-ave) (Bright green building)
- Duration: 8:50am – 12:45pm
- **Meet and Tour: 8:50am – 9:30am**
  - Meet in the lobby of our kitchen at 2230 Jerrold Ave.
  - A member of the Volunteer Team will escort you to an area to drop off your belongings and where we will provide you with an overview of the MOWSF mission
  - Our Executive Chef will provide you with a tour of our state-of-the-art kitchen
- **Volunteer Program 9:30am –12:00pm**
  - Client calls/check in
  - Build a birthday bag
- **Lunch 12:00 – 12:30pm**
  - Join MOWSF staff for lunch on our outside deck (weather permitting) or at our staff cafeteria
- **12:30pm – 12:45pm**
  - Clean up
  - Check in on the experience/wrap up

