

The **Lunch Bunch** is made up of groups of people who work and might even have lunch together. Volunteering as a group fosters team-building and heightens morale among employees. Many employers have approved flexible “**lunch bunch leaves**” so that their employees can deliver meals to homebound people in our surrounding communities.



### Here's what you need to know about starting a **Lunch Bunch** at your workplace, church or community service group:

Form a core, dedicated volunteer team of between 4-10 employees.

Each meal team is made up of two people - one to drive and one visitor who rides along and hand-delivers the meals to the clients.


Each team can deliver once a week, once a month, or whatever schedule your Lunch Bunch can accommodate - we're flexible!

Drivers use their own vehicles to deliver meals. All mileage accumulated in this volunteer capacity is tax deductible.

Meals are delivered between 10am and 11am, Tuesdays and Fridays. Delivery takes about one hour. Each Lunch Bunch team picks up the meals at CRIS Healthy-Aging Center, 309 N. Franklin, Danville, IL or the Hoopston Multi Agency. Meals are delivered to clients nearby and empty coolers are returned to CRIS.

\*All volunteers must complete background check form.



Won't you consider becoming a Meals on Wheels Lunch Bunch workplace,  service club, or church group?

Please join us! Contact the Meals on Wheels CRIS office and tell them you're interested in becoming a Lunch Bunch team. You can also go to our web site - [www.agestrong.org](http://www.agestrong.org) - for more information, e-mail at [nutrition@agestrong.org](mailto:nutrition@agestrong.org) or call 217-443-2999





# The Lunch Bunch

Citizenship Through Volunteering



"I volunteer because I am blessed with very good health and thank God each day that I am able to help. I feel I should help those in need who cannot help themselves"

-Rita Prouty

"My mother used to get the Meals on Wheels, it's my way of giving back"

-Howard Marcum

"It's my favorite thing to do.....I've been doing it for about 30 years!"

-Nancy Roderick  
2nd Church of Christ

"I volunteer to help the help....they are great to work with!"

-Jeanette Hall



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