

## Volunteer Opportunities

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact Email

rlworrell@sentara.com

Intake Process

Call the office, complete application

Provider Refer

Yes

Self Refer

Yes

Suffolk Meals On Wheels, Inc.

<http://suffolkmealsonwheels.com/>

<https://suffolkmealsonwheels.com/volunteer>

Main

(757) 934-4911

2800 Godwin Boulevard

23439 VA

United States

Monday: 9:00 am-3:00 pm

Tuesday: 9:00 am-3:00 pm

Wednesday: 9:00 am-3:00 pm

Thursday: 9:00 am-3:00 pm

Friday: 9:00 am-3:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Suffolk Meals on Wheels depends on volunteers to deliver meals. To keep our service cost-efficient, volunteers are always needed. We provide volunteer opportunities for meal delivery, office , staffing, board membership, and food services to assist in sealing, labeling and packing the meals in coolers. Training is provided. Meals are delivered to Suffolk and all of the Isle of Wight county region.

A [Volunteer Application](#) can be downloaded from the website.

Service Area(s)  
Isle of Wight County  
,  
Suffolk City