



# Seniors Support

## Fresh Food Box Program

### About the Mobile Food Market

The Mobile Food Market (MFM) brings healthy, high-quality and affordable food to HRM neighbourhoods facing food-access issues. We get food into the community in three ways: mobile food markets, our Seniors Fresh Food Box program, and our bulk food delivery program. We are looking for friendly and reliable community members to support our Fresh Food Box Program, a "by seniors, for seniors" food access initiative. This role requires a clear background check in advance.

### The Role

Supporting seniors on Wednesday mornings with receiving a produce delivery, accurately packing food boxes, and bringing produce bundles to the apartments of those who request a personal delivery. This is a great role for those who enjoy working with seniors, have a positive attitude, and are dependable.

### Where and When

Support shifts take place on Wednesdays and the specific time is based on location. One of the sites is located in North End Halifax and support shifts are from 10:40am - 12:00pm. The other site is located in Dartmouth and support shifts are from 11:40am-1:00pm. Transportation to and from sites is required.

### How We'll Support You

You will receive a general orientation in advance as well as support from the MFM Community Engagement Coordinator.

### What You Bring

First and foremost, you are dependable and friendly. You enjoy getting to know new people and are eager to jump in. You have the ability to lift up to 40 pounds and understand the importance of confidentiality and empathy. You have a recent Criminal Background Check with Vulnerable Persons Sector.

### Next Steps

If this sounds like you, we would love to hear from you! Fill out our volunteer application form at [www.mobilefoodmarket.ca/volunteer](http://www.mobilefoodmarket.ca/volunteer) or contact our Community Engagement Coordinator at [coordinator@mobilefoodmarket.ca](mailto:coordinator@mobilefoodmarket.ca).