

Of One Accord Ministry Community Nutrition Services Opportunities for Volunteering

Lay Health Promoter: Lay Health Promoters (LHPs) are volunteers who promote good health and nutrition practices to community members by providing basic health education to individuals. LHPs for this program will receive training in basic nutrition education and self-management practices of diabetes and cardiovascular disease, such as meal planning, carbohydrate counting, blood sugar monitoring, and daily exercise. Once trained, LHPs will help provide basic nutrition education related to diabetes and cardiovascular disease to senior citizens and disabled persons enrolled in the Neighborly Meals program. LHPs will be asked to visit clients assigned to them at least once a month.

Meal Delivery: Volunteers working in this capacity will be asked to ride or drive the van to help deliver meals to senior citizens and disabled persons living within a 5-mile radius of Rogersville who are enrolled in the Neighborly Meals Program. Volunteers will be trained in safe handling procedures for food.

Assisting in Kitchen: Volunteers may assist kitchen staff with prepping food for each day, packaging meals to be delivered, and/or kitchen clean up. Volunteers will be trained in safe handling procedures for food.

Delivering Food Boxes: Of One Accord delivers food boxes each month to about 30 elderly and disabled persons living within the Rogersville Community. Volunteers are needed to assist with packaging and delivering food boxes.

Home Visits: Volunteers working in this capacity will be asked to visit senior citizens and disabled persons enrolled in the Neighborly Meals Program at least once a month. Volunteers will be asked monitor their clients well being.

Bus Ministry for Children and Youth: This program provides lunches to children living in local housing projects and low-income neighborhoods. Meals will be prepared at the Shepherd's Center and then transported on the mobile cafeteria bus to these locations. Once there, children and youth will board the bus for 20 – 30 minutes to eat lunch. Volunteers are needed to assist with loading and unloading the bus each day, chaperoning children and youth during mealtime, cleaning the bus, and providing general maintenance for bus. Volunteers will be trained in safe handling procedures for food.

Please Note: Because of the nature of the work assigned to volunteers involved in this program, i.e. working with children or going into the homes of elderly and disabled persons, **volunteers may be subject to background checks.**

For more information: Contact Barbara Jones at 423-921-8036 or by email at bjones@ofoneaccordministry.org.