



Corporate Volunteer group from Black Hills Energy

## Deliver Independence to Older Neighbors in Lincoln

Corporate groups are a major part of Tabitha's Volunteer force. They play a key role in Tabitha's lifeline lunch delivery service, Tabitha Meals on Wheels (TMOW).

Driven and delivered by **Committed** Volunteers, Tabitha Meals on Wheels exists to ensure older neighbors in the Lincoln area remain safe and independent in the comfort of their home. A meal drop-off takes away the worry of shopping for and preparing food and provides a critical safety check for recipients.

## HOW CAN YOUR COMPANY GET INVOLVED?

### LEARN THE FACTS ABOUT TABITHA MEALS ON WHEELS:

- Program began in 1967
- First service of its kind in Lincoln
- Meals are delivered every weekday between 10 a.m. - Noon
- About 30 Volunteers needed per day
- 86% of recipients say that their Volunteer is the only person they see that day
- One route consists of 10-15 residents living within Lincoln city limits
  - Time **Commitment** of 45-90 minutes
- Generally Volunteers deliver in pairs, one to navigate and one to take meals to the door
- Volunteers are provided with a simple-to-follow route sheet that guides you to each address



TABITHA

*Meals on Wheels*

“If it weren’t for Tabitha Meals on Wheels, we wouldn’t eat this well.”  
— *GRATEFUL MEAL RECIPIENT*

### WHY SHOULD CORPORATIONS DELIVER?

- Volunteers *Cultivate Caring* in the community by helping one of the most vulnerable populations: older adults
- Your company is spotlighted as a community leader, guiding local support and change
- Teambuilding meets philanthropy in the best possible way—allows staff to bond in a different environment
- Provides instant gratification—delivering is uplifting and Volunteers witness, firsthand, how they make a difference and brighten someone’s day
- Offers team members flexibility and a chance to step away from the desk for a hands-on experience all about serving the community
- Opportunities for brand visibility - wear your company logo’d gear and/or drive a company-branded car while delivering

### HOW DOES VOLUNTEERING WORK AS A CORPORATE GROUP?

- Develop a Volunteer schedule that works for your team on a basis that fits: daily, weekly, or monthly
- Adopt a specific route and get to know recipients by designating 1-2 staff members to deliver on your chosen days

Adopt a route today! For more information, reach out to Susan Langford,  
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Together we can fight food insecurity and *Commit* to the safety & well-being of older Nebraskans!