



GROCERY DELIVERY PROGRAM POSITION DESCRIPTION

- Position:** Senior Services of Alexandria (SSA) Grocery Delivery Program Volunteer.
- Purpose:** In partnership with Giant Foods and Harris Teeter, SSA provides grocery deliveries to seniors who are 60+ living in the City of Alexandria. This program enhances the quality of life of clients by providing not only grocery delivery, but also social interaction to seniors residing within the City of Alexandria, providing another set of eyes and ears as to what is going on inside a senior's home, including any physical or emotional problems the client may be experiencing. Volunteers provide a vital link to the community and outside world for seniors who otherwise have limited mobility.
- Qualifications:** Volunteers must have the ability to listen and to relate to people in a warm and friendly manner, have a sincere commitment of time, energy, and interest, and possess the ability to tolerate differing opinions and lifestyles. Volunteers must be reliable and must agree to respect the confidentiality of the individual they visit. Volunteers must have a dependable mode of transportation and a working cell phone. Also, since grocery deliveries sometimes amount to numerous bags of groceries, volunteers should be able to lift and carry at least 25 lbs.
- Specific Duties:** Volunteers shop for and deliver groceries to seniors every other Thursday morning (between 9:30 and noon) throughout the year, and if requested to do so, help put away groceries and loosen any tight-fitting lids. (Clients pay SSA directly, so no financial transactions take place during the delivery process.) Volunteers should arrive on time at the designated grocery store (Giant, 3131 Duke Street, or Harris Teeter, 4641 Duke Street) on scheduled days of delivery (alternating Thursdays). Groceries are delivered into the senior's home, stored in cabinets and refrigerators/freezers, and loosen any lids if necessary. Volunteers assess the senior's food supply (quantity and freshness) and living conditions, and report any problems to Senior Services of Alexandria.
- Time Requirement:** Senior Services of Alexandria's grocery delivery program offers volunteers an enjoyable, rewarding opportunity with minimal time commitment. Volunteers are provided a brief (20-minute) training which includes a background check.
- Application Fee:** An application fee of \$25 is required of each Grocery Delivery Program volunteer.