



Groceries to Go Position Description

Position: Senior Services of Alexandria, Grocery Delivery Program Volunteer

Purpose: Grocery Delivery volunteers enhance the quality of life of clients by providing not only grocery delivery and maintenance, but also social interaction to senior citizens who are residents of the City of Alexandria. Volunteers provide eyes and ears as to what is going on inside a senior's home. This can provide awareness to any physical or emotional problems the client may be experiencing.

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 are delivering to. Visitors must also have a dependable mode of transportation and a working cell phone. Since volunteers are likely to deliver large quantities of groceries, they should be able to lift at least 15 lbs.

Specific Duties: Volunteers arrive at Giant's Duke Street location (3131 Duke Street) or Harris Teeter's Foxchase Shopping Center location on scheduled days of delivery (alternating Thursdays) and deliver groceries into the senior's home, store them in cabinets and refrigerators/freezers if requested to do so, and open containers if necessary. Volunteers assess the senior's food supply (quality, freshness) and living conditions, and report any problems to Senior Services of Alexandria.

Time Requirement: Deliveries take place every other Thursday, with a one- to two-hour time commitment. We ask for a minimum six-month commitment.

Background Check: A criminal background check is required of all volunteers participating in the Grocery Delivery Program. Volunteers must submit two references. One reference relating to volunteer experience is preferred.