



Volunteers Needed

Kitchen Assistant / Meals on Wheels Packers



Assist Spectrum Generations daily preparation of Meals on Wheels and Lunch meals at our Cohen Community Center in Hallowell or Muskie Community Center in Waterville. Behind every good cook there are helpers ready to do whatever is asked of them. If you are interested in helping to create excellent food and assisting our skilled & fun kitchen staff, be a volunteer kitchen assistant.

Our volunteers are a group of special people which span all ages and all backgrounds who volunteer some of their time to help others while finding personal fulfillment.

Duties May Include:

- Help pack hot meals for Meals on Wheels program
- Help with prep of food, dessert, etc
- Clean tables, remove food and dishes, and other duties required to clean after meal service
- Dishwashing and putting away of dishes & silverware
- Stocking shelves in storage rooms
- Wash and set dining tables
- Morning hours, typically 8am-noon



To volunteer today, please contact one of the following Volunteer Liaisons or visit www.spectrumgenerations.org/volunteer

**Muskie Community Center, 38 Gold Street, Waterville
Angela DeRosby, 207-660-9263 aderosby@spectrumgenerations.org**

**Cohen Community Center, 22 Town Farm Road, Hallowell
Lynda Johnson, 207-626-7777 ljohnson@spectrumgenerations.org**