

Meals on Wheels is a City of Sydney community service delivering low-cost, healthy food to those unable to cook for themselves, including seniors and people with a disability.

Meals on Wheels caters to clients who speak English, Chinese, Italian, Russian, Greek, Spanish and up to 40 other languages.

We need your help

We are seeking bilingual Chinese and Spanish-speaking volunteers. If you can speak Cantonese, Mandarin or Spanish as well as English, we'd love to hear from you.



Demand for this service is high, and we keep costs low thanks to our dedicated volunteers and government funding.

Do you have two or three hours a day, a week, or even a month to help deliver meals on weekdays? If so, we'd love you to join our volunteer team.

Meet new friends, get work experience, improve your English skills, have fun and make a difference in your community.

**For more information or to become a volunteer, please contact
City of Sydney Meals on Wheels Service on (02) 8512 4230**