



PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: November 8, 2024

SARATOGA COUNTY SEEKS VOLUNTEERS TO DELIVER MEALS TO HOMEBOUND SENIORS

Immediate Need for Volunteers in Clifton Park, Saratoga Springs, and South Glens Falls

BALLSTON SPA, NY – The Saratoga County Department of Aging and Youth Services is seeking volunteers to deliver meals to homebound seniors. The department has an immediate need for volunteers in the Clifton Park, Saratoga Springs, and South Glens Falls areas.

This important program helps many seniors, age 60 and older, remain independent in their homes by providing them with a nutritious ready-to-eat lunch each weekday.

“Volunteers are the driving force behind our ability to help Saratoga County seniors in need,” said Sandra Cross, Director of the Saratoga County Department of Aging and Youth Services. “With the winter months approaching, we have an urgent need for meal delivery volunteers who can share a couple hours of their time to help our seniors. Simply delivering a meal can brighten someone’s day, alleviate loneliness, and ensure that our most vulnerable community members receive the nourishment they need.”

Volunteers can choose a flexible schedule that meets their availability, volunteering as little as once a week or as much as five days a week. Meals are picked up at 11AM at the area meal site where they are volunteering and delivered until 1PM each weekday.

Becoming a volunteer is easy. Individuals simply fill out an application and provide references to the Saratoga County Department of Aging and Youth Services. Training and orientation are provided to all volunteers. Volunteers must have a valid driver license and their own vehicle.

Those interested in becoming a meal delivery volunteer should call the Saratoga County Department of Aging and Youth Services at 518-363-4020.

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