



VOLUNTEERS NEEDED



TOI has Volunteer Opportunities Available to Help meet SNAP Work Guidelines!

ABAWD (Able-Bodied Adult Without Dependents) is a person 18 to 64 years old who can work and who doesn't live with any children under age 14. New rules from the federal government now require that all ABAWDs meet certain work rules to continue getting Supplemental Nutrition Assistance Program (SNAP) benefits for more than three months in the three-year period.

Make an impact in your community! Available positions include:



Home Delivered Meals Driver – Help bring nutrition and connection to older adults by delivering hot meals directly to their homes. TOI serves all of Tioga County with several route options available. Volunteer shifts typically run Monday through Friday between 10:00 AM and 1:00 PM. Choose a schedule that works for you—volunteer as often as daily, weekly, or even just once a month. A reliable vehicle and a clean driver's license are required.



Medical Transportation Driver – Help older adults get to and from medical appointments safely and reliably. Volunteer drivers must be age 55+. Riders are Tioga County residents, though appointments may be in neighboring counties. Flexible scheduling based on appointments—volunteer as often as daily, weekly, or monthly. A reliable vehicle and a clean driver's license are required.



Telephone Reassurance Caller – Serve as a friendly listening ear for homebound individuals who may be socially isolated and lack regular contact with others. You can help brighten someone's day by making brief phone calls to chat and provide companionship. Calls typically take only a few minutes, with a minimum commitment of once per week. You may choose to call one person or multiple participants depending on your availability.



Advisory Council Member – Represent your area of the county by serving on TOI's Advisory Council. Responsibilities include sharing ideas forward and sharing information on programs, services, and other opportunities back in your community. Time commitment is an hour on the 4th Thursday of the month at 1:00pm.

Contact us to learn more and apply today!



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SCAN HERE

