

# • volunteer

Kaposia invests in the prosperity of people with disabilities and the profitability of our partners.

## Lunch Buddy



**Purpose:** Make your lunch break a rewarding experience for yourself and for a person with a disability by being a Lunch Buddy! Lunch Buddies, in addition to helping with simple tasks like passing the salt and pepper, enrich the lives of people with disabilities by engaging in stimulating conversation; whether it's weather, hobbies or sports. In addition, while physical nourishment is important, when people share a meal together we share much more. We share our time. We slow down, if for just a minute, and show that we have time to take an interest in others, to care for them, and open our hearts.

**Responsibilities and Duties:** A Lunch Buddy is assigned to spend time with one person with a disability to converse, share a meal, and assist as necessary with serving and clean up. Please bring your own bag-lunch, as many individuals have special dietary restrictions.

A Lunch Buddy is assisted by and defers to Kaposia staff regarding medical, emotional or personal care of individuals.

**Reports to:** Kaposia's Site Coordinator

**Location:** Lunch Buddies are welcome at all of Kaposia's locations; Roseville & Golden Valley.

**Time Commitment:** Lunch Buddies are asked to commit to spending 1 lunch hour per week, for four weeks minimum and can recommit every four weeks.

**Qualifications:** Dependability, pleasant manner, patience.

**Age Requirement:** All ages welcome, but under 16 must be accompanied by an adult.

**Support:** Kaposia staff will be present to help facilitate meals. No special additional training is required for this position, although information on data privacy can be made available.

**Security Checks Required:** None.

**Dress Code:** Casual.

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