

## *Seniors say:*

“I am so happy with [my grocery shopper]; she bought everything on the list I had asked for.”

“She is a delightful young lady and I like her very much.”

## *Grocery Shoppers say:*

“I enjoy being able to pick up the food that she needs and likes. I have come to know the brands she prefers and the kinds of produce she wants.”

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# GROCERY SHOPPER



SUDBURY SENIOR CENTER  
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**978-443-3055**

# GROCERY SHOPPER

**GROCERY SHOPPERS** are volunteers who go to a local supermarket to pick up the groceries that home-bound senior Sudbury residents need.

The Grocery Shopper Volunteer, on a weekly basis, gets a grocery list from the senior they are matched with, and then goes to the supermarket to shop for those items. The Grocery Shopper then brings the groceries to the senior's home and helps to put the items away in the cabinets and refrigerator/freezer, as needed.

While at the supermarket check-out, the Grocery Shopper Volunteer pays for the groceries using his/her own personal credit card. Upon arriving back at the senior's home with the grocery items and receipt, the volunteer shows the receipt to the senior, who in turn, that day, writes out a personal check in the amount of the receipt, to the volunteer as reimbursement. There is no cash exchanged, and there is no fee for the service.

## DO YOU NEED A GROCERY SHOPPER?

If you need a Grocery Shopper Volunteer, please call the Sudbury Senior Center at **(978) 443-3055**.

Janet Lipkin, the Volunteer Program Coordinator, will call you and have an initial visit with you to explain more about the program and to assess if you are appropriate for the program. She will then match you with a Grocery Shopper Volunteer.

You and your Grocery Shopper will be the ones to decide the day and time that the weekly food shopping will take place.



## WILL YOU BE A GROCERY SHOPPER?

Grocery Shoppers participate in the program because they care about their neighbors. All the volunteers have said how very much they enjoy food shopping for their matched client.

You will receive training and supervision to assist you in handling any questions or problems that might arise in your role.

Consideration is given to matching you with a person with whom you are comfortable.

For more information, or to become a Grocery Shopper, call the Sudbury Senior Center at **(978) 443-3055** and leave a message for the Volunteer Program Coordinator.

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