



Volunteer Opportunities:

Thursday Afternoon & Evening Shifts:

- 1: Pack boxes or bags of dry goods for distribution.
- 2: Lift, bend, and reach to select items to place in boxes or bags.
- 3: Break down cardboard boxes for recycling.
- 4: Sort food items and stock shelves.

Saturday Morning Shifts:

Indoor:

- 1: Bag refrigerated and frozen items.
- 2: Sort and bag donated dry goods.
- 3: Load carts with orders of food and push the full carts to the front of the building to be loaded into cars.

Outdoor:

- 1: Direct food pantry visitors on where to park.
- 2: Load food pantry visitors' cars with orders of groceries weighing 25-50 pounds.

Registration:

- 1: *Training is required to sign up for this volunteer opportunity.*
- 2: Communicate with clients to collect information required to complete the registration process.
- 3: Adhere to a high level of client confidentiality and respect.

Bilingual Volunteers:

- 1: Communicate with clients to assist the registration team.
- 2: Help clients communicate their needs with volunteer teams.

Important Information:

If you're experiencing symptoms of illness, please cancel your shift and stay home to get well! We will look forward to serving with you on a future shift.

By signing up and attending a volunteer shift, you hereby give St John Lutheran Church permission to use images of yourself for the purpose of promoting the St John Lutheran Church Food Pantry through any method.

By signing up and attending a volunteer shift, you are confirming that you are over the age of 12 and if between the ages of 12-17, confirming that a parent or guardian will be volunteering with you on the same shift.

By signing up and attending a volunteer shift, you are confirming that you will be working in a setting that includes commercial equipment, carts, and pallet jacks, lifting heavy items, and handling food items that may contain allergens. You are agreeing to following safety guidelines, follow rules related to COVID-19 guidelines, and wear closed toed shoes.

By signing up and attending a volunteer shift, you are accepting and assuming responsibility for any injury that may occur while volunteering.
