



# COVID-19 & VOLUNTEERING

## Volunteer Requirements

- Minimum age for shifts is 12+. Garden Shifts are all ages. Anyone under 16 must be accompanied by an adult (18+) chaperone.
- Pre-registration required for all opportunities.

## Mask Mandates

- Food Repack/Sort Shifts: Masks/face coverings continue to be required for volunteers at all times inside Oregon Food Bank facilities in Portland and Beaverton until further notice. We continue to center the health and safety of our clients, volunteers, and staff in all we do.
- Offsite Shifts: Please continue to bring and be prepared to wear a mask/face covering to offsite volunteer shifts at Partner Agencies, and Free Food Markets.
- Garden Shifts: Please wear a mask upon arrival for orientation and when accessing indoor spaces. Masks are optional in the garden working on projects.

## COVID-19 Requirements

- Eligibility to receive the COVID-19 vaccine has expanded. Everyone 12+ is eligible for a vaccine. [Please refer to the Oregon Health Authority for more information.](#) We encourage and support this massive vaccination effort so we can all #EmergeStronger!
- To account for social distancing every volunteer must register ahead of time. Each shift has a limited number of spots. Walk-ins may be turned away.

## COVID-19 Restrictions

- Please note that restrictions related to COVID-19 continue to be in effect for all volunteer shifts, [please consider other ways to contribute](#) if you or someone in your household:
- Has a cough, fever 99.5 or higher, or any type of respiratory illness (seek medical advice)
- Has headaches, tiredness, body aches, chills, sore throat, sneezing, stuffy or runny nose, difficulty breathing, loss of taste/smell, nausea/vomiting, diarrhea
- Has been in close contact or caring for someone who is suspected or confirmed to have COVID-19
- If you're a returning resident or you've traveled to Oregon from outside the state, please refer to [Oregon Health Authority](#) requirements

Thank you for your support in protecting the health and well-being of our communities and the broader food stream!