



# VOLUNTEER

## How do I sign up?

- Returning volunteer? [Visit our new online action center](#) to sign up.
- New? Please complete the [New Volunteer Application](#) before you attend your first shift.
- All volunteers need to create a profile and sign up in advance of your shift. We plan projects and assign staff based on the number of volunteers we've scheduled. If you come to a shift and you are not already registered, you may be turned away.

## What will volunteers be doing?

There are many ways to help contribute your time to our movement of ending hunger and its root causes:

### **Food Repack/Sort:**

The project depends on the needs of the Oregon Food Bank Network. Volunteer shifts can include multiple projects. Depending on the project, volunteers might work in a refrigerated space. Room temperature is 50 degrees in those refrigerated spaces. To keep your hands warm we provide liners for your food-safe gloves.

- Tasks may include:
  - Sort canned and boxed food donations into categories
  - Repack and label bulk food items into family-size portions
  - Cull and sort produce

### **Free Food Market shift:**

Free Food Market provides fresh produce and other culturally-relevant foods directly to people who need it. These shifts take place off-site and are run by Oregon Food Bank partner agencies. Volunteer work is outdoors, please dress for the weather.

- Tasks may include:
  - Setting up tables and food display
  - Repackaging food into family-sized portions
  - Greeting people as they arrive
  - Facilitating sign-in and tracking participation
  - Cleaning up after the distribution

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# VOLUNTEER

## **Partner Agency Support:**

Partner Agencies serve as the distribution centers that directly provide fresh produce and shelf-stable foods to people who need it. Volunteer work is variable by site and provides a meaningful way to engage in OFB's mission. Volunteer work might take place indoors, outdoors or both. Social Distancing and masks required.

- Tasks may include:
  - Unloading/loading food deliveries from trucks
  - Repackaging food into food boxes for families
  - Restocking tables
  - Greeting people as they arrive
  - Assisting with client intake
  - Loading food boxes into cars
  - Assisting with traffic direction
  - Cleaning up after the distribution
  - Cardboard box assembly

## **Dig In Garden shift:**

Beginning and experienced gardeners work together on seasonal garden projects with guidance from team leaders and staff. Volunteers can learn new gardening skills and everyone is invited to share in the harvest. Volunteers are asked to wear sturdy, comfortable, close toed shoes and clothes you don't mind getting dirty. And to bring their own water bottle. We make every effort to ensure the safety of our volunteers. The garden is open rain or shine, so you'll want to dress appropriately. Volunteers are welcome to share in the harvest; consider bringing your own bags.

- Tasks may include:
  - standing, squatting, pulling and lifting
  - Weeding, harvesting, planting

## **What should I wear/bring?**

### **Food Repack/Sort Shifts:**

All food safety gear will be provided. If the shift takes place in the cold room, warm glove liners will also be provided. take place in a warehouse environment where temperatures vary. Any shift has the potential to be held in a cold room kept at 50 degrees. We provide warm glove liners to be worn under the provided food safety gloves.

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# VOLUNTEER

We encourage volunteers to dress in layers. For safety reasons, you WILL BE TURNED AWAY for improper footwear and clothing. Shoes must have closed toes and heels (no sandals, clogs, mules or high heels). Shirts must have sleeves (NO TANK TOPS). Please remove and secure jewelry prior to the shift.

## **Garden Shifts:**

We ask that you wear sturdy, comfortable, close toed shoes and clothes you don't mind getting dirty. Also, please bring a water bottle. The garden is open rain or shine, so please be sure to dress appropriately. Volunteers are welcome to share in the harvest; consider bringing your own bags.

## **What if I have allergies or don't want to touch certain foods in a food repack shift?**

Oregon Food Bank is a facility that processes common food allergens. Unfortunately, we are unable to provide details about the type of product we are packing on a given day because this can change at the last minute due to food availability and the needs of our network.

To accommodate those with latex allergies, we use vinyl gloves, hairnets, and aprons for food handling.

## **What if I need to cancel?**

We're counting on your help to get food out to people who really need it! If you have to cancel, please [visit our new online action center](#) to cancel your shift as soon as possible. Thank you.

## **Can children volunteer?**

For the safety of our volunteers, our staff and for the safety of the food we are distributing during the COVID pandemic, we have changed the age requirements for youth to volunteer.

- Volunteer shifts require a minimum age of 10 to participate.
- Please check the minimum age requirements that are specified on each available shift listed on each shift at [our new online action center](#).
- [Youth release forms](#) are required for first-time volunteers under 18.

## **Can I request additional assistance?**

Yes. We do our best to make our volunteer opportunities accessible to everyone. Please email in advance to let us know how we can assist you and ensure that you have a successful and positive experience. Please email us at [Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org).

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# VOLUNTEER

If you will be accompanied by a certified/registered service animal, we require advance notice so that we may provide you a volunteer experience that will ensure your enjoyment and meet our need to strictly adhere to all federal and state laws, including the FDA food and safety regulations put in place to avoid contamination. Please email [Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org) several days in advance.

## When can I volunteer?

- We run onsite food repack shifts Monday through Saturday.
- Offsite shifts at Free Food Markets and Partner Agency sites are unique to each location.
- Garden shifts run seasonally

Visit our [new online action center](#) to see all available options. Search by day to find ones on the days you're looking for. Or reach out to us ([Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org)) for help to find a shift that fits your schedule.

## Do I need to sign up in advance?

Yes. All volunteers need to sign up in advance. Unregistered volunteers may be turned away. We plan projects and assign staff based on the number of volunteers we've scheduled. For social distancing requirements, this is more critical during the COVID pandemic. Please [visit our new online action center](#) to sign up.

## When do we need to arrive for our shift?

Each shift has a different start time. When you sign up for a volunteer shift keep an eye out for the auto email confirmation that will inform you of everything you need to know to be prepared and ontime to your shift. Email us ([Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org)) if you have not received your automatic confirmation email. Please practice social distancing as soon as you arrive at our facility, outside the building, in the main entrance and throughout the shift.

## Do I need to make an ongoing commitment?

No. You may sign up for just those shifts that work for you. If you are able to make a regular commitment, please note we are limiting food repack shifts to 3 a week due to COVID. If interested please email [Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org).

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# VOLUNTEER

## COVID-19 and Volunteering

If you are not feeling well or if you have been exposed to or tested positive for the Coronavirus please stay home and follow CDC guidelines, cancel your shift online, or email us to let us know.

Currently, mask-wearing is optional.

We will continue to update COVID-19 policy changes as needed. Thank you for your support in protecting the health and well-being of our communities and the broader food stream!

## What if my questions still aren't answered?

Please email us at [Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org)



Please reach out to Jen Naas at [Volunteer@OregonFoodBank.org](mailto:Volunteer@OregonFoodBank.org) with any questions.

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