



P.O. Box 32
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www.communityfoodshare.ca 

Volunteer Opportunities with Community Food Share DS

Name: _____

Address: _____

Phone Number: _____ Email: _____

Our Mission

To provide our community with access to healthy food. We do this by promoting the benefits of nutrition, by building partnerships, and by supporting our clients through a variety of life challenges.

Please check all the categories in which you are interested.

Food Bank Assistant

Incoming food donations must be processed – weighed, checked for expiry dates, sorted, and shelved. Some volunteers, referred to as Client Servers, are needed to assist with serving our clients, greeting clients in a friendly manner, and personalizing their visit. These volunteers serve our clients, one on one, by reading their shopping list, assisting the clients in getting what they need in a friendly and courteous manner and helping to place their food items in the cart. These volunteers will ask for help from CFS staff if needed. Volunteers also make sure shelves are re-stocked prior to clients' arrival and help with the general care and maintenance of the storage facility by following set out guidelines. The volunteers inform staff if food supplies are running low, are familiar with Emergency Procedures, policies and protocols, and check with CFS staff if clarification is required. Other duties might include but are not limited to cleaning the premises as required by regulations set by the Eastern Ontario Health Unit. Volunteers are scheduled weekly to work for a predetermined period of time (2.5 hours) usually during CFS open time on Mondays, Wednesdays, or Thursdays.

Preferred location: ___ Winchester ___ Morrisburg ___ either location

CFS Food Satellite location

We have a satellite location in Finch which is open each Thursday (1pm-3pm). The idea is to provide a convenient pick-up location for clients who find it difficult to get to our hubs in Winchester and Morrisburg. Volunteers are required to work 2 to 3 hours for one day a week on a two- or three-week rotation.

Transportation/Courier

Do you have access to a ___ pick-up or a ___ trailer?

We regularly transfer food between our hub locations in Winchester, Morrisburg and Finch. There is a regular weekly schedule for making deliveries to our Finch satellite location. Drivers are also required for a variety of errands, i.e., picking up food bag donations at local grocery stores.

We are often asked to deliver signs, donation boxes for cash donations, etc., for food drives and to pick-up the food collected from those food drives.

Volunteers are required to be on call to make pick-ups and deliveries. Mini-vans, cross-overs and trucks are ideal but not necessary.

These volunteers are in a position of trust and must have a valid driver's license and may be asked for a police check.

Food Drives

We occasionally hold food drives outside local grocery stores. They can last for two to five hours each. The most well-known of these food drives is the OPP Stuff the Cruiser held in the fall.

Volunteers are required to work two-hour shifts outside the store hosting the food drive. Shoppers entering the store are given a list of the items we need at CFS and a brief explanation of the food drive. Volunteers also accept the food and cash donations as shoppers exit the store.

Another annual event is the Parade of Lights in Winchester where volunteers are required to walk the parade route collecting food and cash donations.

CP Holiday Train - November

This annual food drive takes place in November in Finch. The date and time are determined by CP Rail. Volunteers are required to accept food and cash donations from people attending the event. The train stops for 30 to 45 minutes but we require volunteers to commit to two or three hours. We will also need assistance unloading the donations at the Winchester and Morrisburg locations.

Fill-a-Bag - May

This annual food drive takes place over two Saturday afternoons in May. Grocery bags with a letter requesting donations of food are distributed to homes on the first Saturday and the filled bags are picked up the following Saturday afternoon.

Volunteers are required to make up teams of a least three people to help distribute and pick-up the grocery bags. The initial distribution takes about an hour and the pick-up can take approximately two hours. The actual time depends on the size of the routes and how far apart the homes are from each other. It is not necessary to speak to homeowners to make a 'sales pitch' on behalf of CFS.

Empty Bowls - February

At this event guests choose a handmade bowl made by local artisans and are served a meal of soup, bread, and dessert. We require volunteers to set up the event venue, serve food, clean tables and clean-up following the event. The time commitment is 3-4 hours on a Saturday in February.

Poster Distribution

We organize numerous events every year that are promoted in the local papers, through social media and with posters displayed throughout the community.

Volunteers are needed to distribute the posters to businesses and public buildings in the area. It takes about 60 to 90 minutes to distribute posters in each of the four main villages: Winchester, Chesterville, Morrisburg and Iroquois and less time in smaller communities such as Finch and Williamsburg.

Preferred location: ___ North Dundas ___ South Dundas ___ North Stormont

On Call

On occasion organizations or farms (e.g., apple orchards) will contact us indicating they have items that we could come and collect for our clients. Or they offer us a spot at an event to promote or fundraise for CFS. These volunteers can be mobilized fairly quickly with little notice and are sufficiently active to pick apples or strawberries sometimes in hot or humid weather conditions. Very often the timeline given is too short to organize and we have to pull together volunteers at the last minute.

Committee Member

We have standing committees that would benefit from additional volunteers, including our Fundraising committee (event planning, ticket sales and advertising skills) and Communications committee (press release and newsletter writing, copy editing, social media, graphic design and/or website design skills). The time commitment would vary but would typically involve a monthly meeting and tasks that could be completed as your schedule allows. Temporary committees may also be formed for planning specific events and the time commitment would be short term over several weeks.

Do you have any other skills, interests that may be of use to us?

Email this form to:

Team Leader admin@communityfoodshare.ca

Mail:

Community Food Share DS

Box 32, Winchester, Ontario K0C 2K0 or

Box 563, Morrisburg, Ontario K0C 1X0

Drop it off at: either Community Food Share food bank location