

## **Heart to Heart Volunteers Sign Up Tips and Guidelines**

### **Sign Up Tips**

- Please limit your sign up to one name per slot, using your own email address! This helps us keep in communication with our volunteers and ensure everyone is assigned to a task.
- If you are unable to volunteer at your committed time, please delete your sign up or let us know via email or phone as soon as possible, so we can find a way to fill your slot.
- If you need to leave early/come late, please make a note in the comment section so we can make sure everything is covered.

### **Volunteer Needs**

- Pantry volunteers assist clients on Tuesdays and Thursdays 8-11 am and/or 11 am-1:30 pm. On especially busy days, it may be helpful for volunteers to stay longer, but is not required.
- Stocking volunteers help with unloading and shelving items at the food pantry on Mondays 9-10:30am and Wednesdays from 3-4:30 pm.
- Once monthly (typically the second Monday), the team will pickup and deliver a large load from MidOhio Foodbank. The Large Load Pickup is nicknamed "Crossfit Workout" as you will spend the 3-hour shift, lifting, carrying and unloading the bulk food order.
- Drivers to take the truck to Direct Retail Pickup locations (Giant Eagle, Whole Foods, etc) on days/times listed below. Should be able to lift around 50lbs, but usually there is help available. Shadow a pickup before performing one alone to learn truck and retail operations.
- Occasionally, unique volunteer opportunities will be available and listed below. We will do our best to describe the nature of the work, but do not hesitate to ask should you have any questions.

### **Attire**

- Please wear closed-toe shoes (no flip-flops or sandals) and dress appropriately for the weather as you may be in and out of the building.
- Please wear clothes that you don't mind getting dirty.

### **Age Limit**

- For efficiency and safety, we ask for no more than 3 youth volunteers per shift. Please indicate your age group when you sign up.
- Graduated 8th graders and older minors may volunteer without accompaniment by an adult, if they bring a signed waiver from their parent/guardian. The [waiver form](#) is linked on the electronic sign up
- Current 6th-8th graders may volunteer during stocking hours if accompanied by a parent/guardian.
- Contact the director to make special arrangements for school-aged children that wish to help in the pantry. We will do the best we can to accommodate your request.
- Please leave children 5 and younger at home.