Thank you for your willingness to volunteer at the Central Pantry.

**Scheduling Your Visit**

- Please schedule your request with as much notice as possible. We are able to schedule several months in advance.
- We make every effort to confirm your schedule approximately 48 hours prior to your appointment. If there is a change in the time of your appointment, contact us so that we can make appropriate accommodations.
- Please allow time at the end of your scheduled block to help clean the work area. Notify the Pantry Manager if you plan to leave earlier than your scheduled shift.

**What to Wear**

- Closed-toed shoes (no exceptions)
- Short or long sleeve shirts (shoulders must be covered) No tank tops
- No cell phone use in the aisles or waiting area of Central Pantry.
- Hair and beard nets will be provided for some activities and must be worn.
- Necklaces, lanyards, glasses hanging from clothing, or scarves are not allowed.
- Large jewelry must be under clothing or protective gear provided by The Food Bank.
- Offensive printing on clothing is not allowed.
- Please leave personal items in your car as TFB will not be held responsible for loss or damage of these items.
- All personal items (cell phones, purses, back- packs) should be locked in vehicles. Break times will be noted by staff.

**Requirements**

- All volunteers must be able to stand flatfooted on the floor and be able to reach across a counter-height table (approximately 48” tall). Volunteers are not allowed to stand on a stepstool or sit on tables.
- All volunteers must be able to work independently under instructions.
- All volunteers must be able to lift up to 15 pounds.
- Volunteers must be 13 years of age or older. Volunteers under 16 must be accompanied by an adult. Groups of students ages 13-16 must have a ratio of 1 adult to 4 children.
- Toddlers or babies in strollers/backpacks/slings/baby carriers are not allowed with volunteers at the Central Pantry.

**Food**

- Per our contract with Feeding America
  - Food at the Pantry is not allowed for consumption by volunteers.
  - Volunteers may not remove food or beverages unless following the same requirements and process as other clients.
  - Volunteers who meet the qualifications may shop at the pantry following the end of the scheduled shift. The volunteer must check in with the Pantry Manager prior to beginning to shop.
  - Volunteers in need are welcome to access the Sharing Room at the end of the shift or any other day the Pantry is open.

**Questions?**

- (573) 447-6620
- volunteer@sharefoodbringhope.org