

## **Volunteering Opportunities with Regeneration Brampton**

### **Regen's Requirements for Volunteers:**

1. Proof of vaccination is required for all volunteers and must be shown to the CLC organizer (2 doses required).
2. For Youth Volunteers:
  - a. Volunteers 15 yrs old and under need to be accompanied by an adult, as well as have a signed [parent consent form](#).
  - b. Volunteers 16-18 yrs old need a signed [parent consent](#) form only.

### **Here are a list of opportunities to serve (Individuals):**

*Note: \*For group volunteering only the Breakfast, Lunch and Food Bank Marketplace options are available.*

#### **Breakfast Program (maximum of 10 ppl in kitchen at all times)**

[Address:](#) 156 Main Street North

[Shift Time:](#) 7:00am – 10:00am

[Days Available:](#) Monday – Sunday

To volunteer for the breakfast program click [here](#).

#### **Lunch Program (maximum of 10 ppl in kitchen at all times)**

[Address:](#) 156 Main Street North

[Shift Time:](#) 10:00am – 2:00pm

[Days Available:](#) Monday – Friday

To volunteer for the lunch program click [here](#).

**Warming Station (1-2 volunteers each shift)** (For the winter season we have an area where our guests can come in and escape the cold. Volunteers here will spend time talking and building relationships with our guests, as well as serving refreshments and snacks).

[Address:](#) 156 Main Street North

[Shift Time:](#) 12:00pm – 3:00pm

[Days Available:](#) Monday – Friday

To volunteer for the warming station click [here](#).

## **Volunteering Opportunities with Regeneration Brampton**

### **Regeneration Marketplace Food Bank**

Address: 253 Queen Street East

Shifts Available:

Monday || 10:00am - 2:00pm

Tuesday - Friday || 8:30am - 12:30pm

Tuesday - Friday || 12:30pm - 4:30pm

***\*(Urgent Help Needed, Tuesday, Wednesday and Thursday)***

To volunteer for the Regeneration Marketplace Food Bank click [here](#):

### **Regeneration Thrift Store: (police check required, must be 19yrs old or older) (maximum of 5 volunteers per shift)**

Address: 253 Queen Street East

Shifts Available:

Tuesday – Friday || 10:00am - 2:30pm

Tuesday – Friday || 2:00pm - 6:00pm

Saturday || 9:00am -1:30pm

Saturday || 1:00pm – 5:00pm

***\*(In Need Of Regular Volunteers Tuesday-Friday)***

To volunteer for the Regeneration Marketplace Food Bank click [here](#).

### **More Info:**

#### **Kitchen Volunteer Activities Include:**

- Kitchen Help (prepping food/ingredients, cooking, preparing meals/putting meals together, making coffee, washing dishes)
- Serving Help (packing meals, serving meals to guests, serving coffee)
- Clean up; possibly prepping for lunch

#### **Food Bank Volunteer Activities Include:**

- Meeting, greeting, and supporting families
- Processing food donations
- Packing hampers
- Serving guests their groceries