



# Volunteer Application

84 Mill Street, Carleton Place • 613-257-8546

Thank you for your interest in volunteer opportunities at The Hunger Stop (Lanark County Food Bank). We have several types of volunteer positions. Shoppers (work with Clients), Backroom (keep Client shopping area stocked, split foods, handle perishable foods), Warehouse (receiving food donations, weighing, sorting, and stacking items), Pick-up Driver (pick up food items from stores), Client Home Delivery Driver (drop off food hampers to Client homes) and other duties as required.

## Part I

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Name: \_\_\_\_\_ Birth Date (dd/mmm/yyyy): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Part II

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Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

Do you have any physical condition that may limit your activities? Yes No

If yes, please describe: \_\_\_\_\_

Have you been convicted of a crime that you have **not been given** a record suspension for? Yes No

## Part III

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Availability & preferences (please check all that apply).

### Shopper (Client interaction)

Weekday mornings (9am – noon): Tue Thu Fri  
Weekday evenings (5pm – 7pm): Mon Wed

### Backroom (no Client interaction)

Weekday mornings (9am – noon): Tue Thu Fri  
Weekday evenings (5pm – 7pm): Mon Wed

### Pick-up Driver (food from stores)

Weekday mornings: Mon Tue Wed Thu Fri  
Weekday evenings: Mon Wed

### Client Home Delivery Driver

Weekday mornings: Tue Thu Fri  
Weekday evenings: Mon Wed

### Warehouse

Weekday mornings (9:30am – noon): Mon Wed  
Weekday evenings (4:30pm – 5:30pm): Fri

### Float

Weekday mornings (9am – noon): Tue Thu Fri  
Weekday evenings (5pm – 7pm): Mon Wed

**Special Events** Saturdays: morning afternoon

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Volunteers are our most valuable resource, and we could not operate without you!*