



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

Name: _____ Birth Date (dd/mmm/yyyy): _____

Street Address: _____

City: _____ Postal Code: _____

Phone: _____ Email Address: _____

Part II

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

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

Special Events

Saturdays: morning afternoon

Signature: _____

Date: _____

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