

## Volunteer Positions and Required Skills

**Shopping Assistant**—Volunteers check the shopper in on the schedule, ask about any allergies or special needs and then help find items and find the type of meat the shopper needs. Volunteer would need to be able to walk and stay on their feet for about two hours. Volunteer will need to be able to put groceries in the shopper's car (lifting approximately 15 pounds multiple times). Volunteer must agree to be non-judgmental with the shopper and welcome the guest with a cheerful greeting and helpful attitude.

**Stocking shelves**—Volunteers stock the middle two shelves of each section of the Food Cupboard by pulling backstock, and paying attention to creating neat and appealing display of the food. Volunteers would need to be on their feet for about an hour to do this task and would need to be able to unpack boxes, wipe off cans that are dusty and set up shelves so that labels are visible. It is helpful if volunteers can lift 30 pounds to accomplish this task but if this is not the case, modifications can be made to ensure that the stock is pulled and boxes are on a table ready for stocking.

**Delivery Drivers**—Volunteers in teams of at least two would pick up prepacked food at the Food Cupboard and deliver to the address of a person who has asked for food and cannot get to the Food Cupboard. Volunteers would need to be able to drive their own vehicle or be certified to drive the Food Cupboard van to various locations in Ontario County. Some locations require navigating steps to get to the delivery location with food in hand. Please note: delivery teams must include at least two individuals over age 17. The number of deliveries varies but would be limited to 5 on any day. This could be a once in a while commitment or a weekly/monthly/every other week/month opportunity.

## Food Cupboard Volunteer Requirements (pg. 2)

**Truck Unloading---** The Food Cupboard receives Foodlink orders every other Tuesday, typically early in the morning. Volunteers who would like to assist with this task need to be able to lift 30 pounds repeatedly and would respond to a text sent out when the truck is on the way from Rochester. This is typically a one hour commitment.

**Cleaning Crew—**This task could be a short- term commitment, or could be once a week/month/year. The volunteer or team of volunteers would be willing and able to vacuum, clean restrooms, wipe down the front of refrigerators and freezers and dust the inside of the window areas. This is an excellent task for civic and church groups willing to do this once a month/once a year, etc. on a Tuesday night or Saturday morning when the Food Cupboard is typically closed. Groups of five complete this task in under an hour.

**Food Desert Deliveries—**This task could be accomplished by a group of 3-4 individuals who could take coolers, boxes and tables to local hotels and apartment complexes identified as food desert locations due to the resident inability to access the Food Cupboard. Requirements for this task include being able to lift boxes of food, set up tables, completing an online food safety course and having one person in the group that has been approved to drive the Food Cupboard van. This could be done occasionally or on a consistent time schedule.

Anyone interested in any of these volunteer options can email: [guidarellik@gmail.com](mailto:guidarellik@gmail.com) or call the Food Cupboard at 585-924-2720.