

Personal information

Name _____

Date of birth* _____

Address _____

Province _____

City _____

Postal code _____

Primary phone _____

E-mail address _____

Alternate phone _____

Preferred pronoun _____

* Date of birth is required to verify age requirements

Emergency contact

Name _____

Phone number _____

Experience and availability

Have you worked as a volunteer previously? Yes No

If yes, please list place(s) you have volunteered and type of work done:

What skills, training or knowledge do you offer to the Kanata Food Cupboard?

What languages do you speak?

Are you currently employed? Yes No

Are you a student? Yes No

If yes to either of the above, please tell us where:

Day(s) of the week you are available:

Time of day you wish to volunteer:

Are you interested in committing to a long-term volunteer position?

What is your ideal length of commitment (e.g., 6 months, 1 year, or longer)?

Areas of interest to volunteer

(You may select more than one)

Client shopping assistants

- Assist clients while they are shopping for their groceries
- Sessions occur in the afternoons and evenings on Monday, Wednesday, and Thursday

Client appointment scheduling volunteers

- Register new clients and schedule client appointments over the phone or in person
- Complete client intake
- Clerical support
- Customer service and computer experience would be assets

Special events or seasonal program support

- Assist the Kanata Food Cupboard in food and/or fund drive events
- Awareness raising and public engagement
- Event set-up, take down, and cleanup
- Assist with the Back-to-School Backpack program, Christmas Baskets, Thanksgiving Hampers, Community garden, etc.

Casual drivers (requires a valid driver's license)

- Hamper delivery drivers: pick up client orders at the Kanata Food Cupboard and deliver to the provided destination(s). Requires use of own vehicle. Gas expenses are not reimbursed. Deliveries are made once a week on Tuesday evenings.
- Grocery store and rescue drivers: Pick up food orders, donations, and rescues from grocery stores, schools, and businesses. Requires use of own vehicle or the Kanata Food Cupboard van. Requires heavy lifting. Pick-ups generally occur weekdays, or on the weekends for special occasions.

Hamper packing

- Packing client orders for curbside pick-up or deliveries
- Hampers are packed Tuesday and Friday mornings from 9:30am until 12:30pm

Sorting food donations

- Quality control check of donated items
- Sorting by year/type of food
- Boxing donations and moving into inventory
- Sorting occurs weekday mornings from 9:30am until 11:30am

General warehouse (requires heavy lifting)

- Receive donations and deliveries
- Stock shelves and rotate product
- Warehouse organization, maintenance, and cleaning
- Previous experience working in a warehouse and knowledge of pallet jacks would be assets
- Occurs weekday mornings and afternoons

Additional information

Can you stand and lift up to 20 lbs. and stand over a three-hour period?

Yes No

Can you stand and lift up to 50 lbs. and stand over a three-hour period?

Yes No

Do you have any physical limitations that we should be aware of?

Yes No

If you answered yes to the question above, please provide more details:

How did you hear about us?