

**FOOD
BANK**

OF CENTRAL
& EASTERN
NORTH
CAROLINA

Volunteer Opportunities

at our

Sandhills Branch



Contents:

1. Sandhills Volunteer Opportunities
2. How to Sign Up to Volunteer
3. Rules & Guidelines
4. Frequently Asked Questions

Sandhills Volunteer Opportunities

Every day, Food Bank volunteers make a tangible contribution to our communities. Last year, volunteers logged over 172,704 hours across our six branches—equivalent to over 83 full-time employees! There are many ways to get involved with the Food Bank. Below are the typical activities the Food Bank offers at our Sandhills Branch.

Please email the designated contacts to inquire about current availabilities for each activity.

Warehouse Volunteer

Perfect for groups and individuals! Tasks include sorting and repackaging bulk food items and helping our partner agencies pick up food. *Please see the following page for sign up information.*

BackPack PALS Volunteer

Join us at 9:00 am sharp every Thursday during the school year to help pack meal bags for children in need. *Please contact Joanne Conrad at jconrad@foodbankcenc.org or (910) 692.5959 ext. 2407 to sign up.*

Office Assistant Volunteer

Complete administrative tasks such as filing, mailings, reception desk support, and other clerical duties. Experience with computers is a plus! *Please see the following page for sign up information.*

Speakers Bureau Volunteer

Volunteers are trained to become advocates for the Food Bank, attend speaking engagements and agency fairs. *Please email communication@foodbankcenc.org to inquire about training and sign up.*

Special Events Volunteer

Attend special food and fundraising events, such as Stamp Out Hunger (Letter Carriers' Food Drive) in May and Hunger Relief Day at the State Fair. *Please email fooddrive@foodbankcenc.org to sign up.*

Social Media Ambassador

Spread the word about hunger using your social media networks such as Twitter, Facebook and personal blogs. (Volunteer hours are not currently earned with this opportunity.) *For more information, please visit www.foodbankcenc.org/SMA.*

Food Drive Organizer

Organize a food drive at your office, church or in your community. (Volunteer hours are not currently earned with this opportunity.) *For more information, please visit www.foodbankcenc.org/FoodDrive.*



How to Sign Up to Volunteer

Groups: We are delighted to host groups at our Sandhills distribution center! Volunteering with the Food Bank is a great activity for school, business, civic, or religious groups. Please follow our guidelines to ensure a rewarding experience for all.

- All groups must schedule their volunteer shift ahead of time. Schedule a slot by emailing the Volunteer Coordinator **Michael McKay** at mmckay@foodbankcenc.org with the size of your group, age of participants if under 18, and your preferences for when you would like to volunteer.
- These slots fill up quickly, so we recommend contacting us at least one month before your preferred date and having more than one date in mind.
- Weekday volunteer shifts are Monday through Friday, 8:00 am – 4:30 pm. Saturday volunteer shifts include the 2nd Saturday of every month from 9:00 am – 12:00 pm.
- In the case of a youth group, we ask for one adult for every 4 - 5 youth under the age of 18.
- In the event that you need to cancel or change the number in your group, please contact the Volunteer Coordinator immediately.

Individuals: Every helping hand makes a difference!

- We welcome individual volunteers during business hours on weekdays, Monday – Friday between 8:00 am – 4:30 pm. The days are divided into two shifts of 9:00 am – 12:00 pm and 1:00 – 4:00 pm. Please contact **Michael McKay** at mmckay@foodbankcenc.org with your preferred dates and times to sign up to volunteer during business hours.

Community Service (Court Related): The Food Bank at Sandhills welcomes select volunteers needing to complete community service hours. Individuals younger than 18 years of age must be accompanied by a parent/guardian at all times in order to participate.

- The Food Bank offers community service hours for lawyer recommended service, court-appointed service, and hours needed for pending charges that are within our guidelines.
- All individuals interested in community service hours must first attend orientation. Please email **Michael McKay** at mmckay@foodbankcenc.org to schedule your orientation time.



Rules & Guidelines

Warehouse Dress & Guidelines

The Food Bank aims to create a fun and safe environment for our volunteers at our warehouse. Please familiarize yourself with the rules and recommendations for working at the warehouse.

- Closed toed shoes are required. Volunteers (including chaperones) who do not wear closed toed shoes will not be permitted in the warehouse.
- Volunteers may not use any motorized equipment (forklifts or electric pallet jacks) and may only use manual equipment (manual pallet jacks) with proper training.
- Food or drinks other than water are not allowed on the warehouse floor.
- Please do not use headphones or phones (even for texting) while working in the warehouse.
- Volunteers can park along the streets as marked. Please do not park inside the fence.

Age Guidelines

- Volunteers 18 and older can volunteer during any of our regular volunteer hours assuming they have scheduled in accordance to Food Bank policies.
- Volunteers ages 12 to 17 can volunteer during our regular hours as long as they have a parent/guardian with them at all times.

Show us your best #helpie!

[Which is a selfie while you're helping others!]

At the Food Bank, we encourage our volunteers to share the hard work they do to help feed local families.

While you're volunteering, snap a photo and share it! Remember to tag us @FoodBankCENC!



/ FoodBankCENC



@FoodBankCENC



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Frequently Asked Questions

Can I bring a group to volunteer?

The Food Bank welcomes groups to volunteer at our warehouse! We require groups to sign up in advance. We recommend that groups schedule at least one month in advance and have more than one date in mind when booking. Please see Group Sign Up instructions on page 3 for more information.

What are the age requirements?

Volunteers 18 and older can volunteer during any of our regular volunteer hours if they have scheduled in accordance to Food Bank policies. Volunteers ages 12 to 17 can volunteer during our regular hours as long as they have a parent/guardian with them at all times.

Can kids volunteer at the Food Bank?

Unfortunately we cannot accommodate volunteers under the age of 12 at our New Bern Branch. We apologize for the inconvenience and appreciate your understanding!

Do you accept court-related community service volunteers?

The Food Bank welcomes select volunteers needing to complete court-related community service hours whose charges or pending charges are within our guidelines. Please see Community Service Sign Up instructions on page 3 for more information.

Can high school or college students volunteer to meet service hour requirements?

Absolutely! Students who are in need of service hours are welcome to volunteer during normal volunteer hours and do not need to attend an orientation. Students between the ages of 12 and 17 will need to be accompanied by an adult. Upon arrival at the warehouse, please alert a staff member that the student will need documentation for the hours contributed.

Can the Food Bank accommodate volunteers with special needs or physical handicap or disability?

The Food Bank welcomes volunteers of all skill sets and will make every effort possible to accommodate all volunteers. Please contact Michael McKay at mmckay@foodbankcenc.org for specific information.

Frequently Asked Questions (continued)

Where can I park?

Volunteers may park in our parking lot.

Do I have to wear closed toed shoes if I am just a chaperone?

Yes. Anyone inside the warehouse needs to wear close toed shoes as required by OSHA.

What is your address?

195 Sandy Avenue, Southern Pines, NC 28387

Can I bring my purse in?

We recommend locking purses and valuables in your car, because we do not have a place to store such items where they will be locked up or supervised.

Can I leave early from a session?

Yes, if you need to leave early before your group session is finished, you may leave.

Can I listen to my iPod?

No. Our motorized warehouse equipment such as forklifts use horns to alert volunteers of their presence. It is a safety hazard to inhibit your ability to hear with headphones or cell phones.

**We look forward to seeing
you at our Sandhills Branch!**

195 Sandy Avenue
Southern Pines, NC 28387

(910) 692.5959

Questions?

Please contact the Sandhills
Volunteer Coordinator,
Michael McKay at
mmckay@foodbankcenc.org.