

GROUP VOLUNTEERING

Every day our dedicated volunteers help us positively impact the lives of those living with hunger in our community by effectively sourcing, managing, and distributing food. The Mississauga Food Bank's volunteers log more than 18,000 volunteer hours each year.

To say that The Mississauga Food Bank could not function without its volunteers is an understatement – their commitment is immeasurable and invaluable. Each day, members of our community invest countless hours helping The Mississauga Food Bank fulfill its daily activities.



Why Volunteer with The Mississauga Food Bank?

There are lots of great reasons to volunteer at your local food bank:

- Meet other volunteers and staff while networking and developing new friendships
- Foster a collective team spirit amongst your group members and other volunteers
- Share your talents and passions, in turn feeling a sense of achievement
- Participate in our volunteer events throughout the year which include a Volunteer Appreciation BBQ, a Volunteer Awards Ceremony, and many more
- Gain access to great discounts on attractions, movies, gift certificates and more through our **Volunteer Discount Reward Program**
- Positively impact individuals by *fighting hunger and feeding hope!*

Become Involved!

Volunteering as a group is a great team building opportunity! We will provide you with meaningful tasks that will involve interaction with your group members and other volunteers as you make a difference in the lives of hungry children and adults in our community! If you are in a competitive spirit, we can include activities to challenge your group members involving creativity, speed, and guaranteed fun.

Please keep in mind that unaccompanied volunteers working in our warehouse must be at least 15 years of age. However, during our food drives and special community events, we can accept volunteers as young as 8 years of age with an accompanying parent/guardian.



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What to Expect

Whether you are volunteering for a half day or a full day shift, there is lots of work to do at The Mississauga Food Bank!

Upon arrival your first time volunteering with us, you will be greeted by our Manager of Volunteer Programs. Your day will start with a 40 minute orientation session including: introductions, a brief video showing you how we positively impact the Mississauga community, and a review of our health and safety procedures. Your orientation session will conclude with a tour of our warehouse sorting/distribution facilities. We encourage you to ask many questions!

Everyone will then be gathered together for a group photo which will be emailed to you as a memento of your time spent volunteering with us. From there you will meet with one of our staff members who will explain and demonstrate your volunteer assignment and get you started. At the end of the day, congratulate yourself on a job well done!

If you are looking for a volunteer experience outside of the warehouse, consider these opportunities:

Community Event Support

The Mississauga Food Bank participates in many local community events with the goal of increasing awareness of hunger in our community, an understanding of our services and collecting food/monetary donations from the general public. Groups are encouraged to participate and assist us on event day by:

- Setting-up and taking down our booth
- Providing information to the general public about our services
- Handing out pamphlets and other literature to interested individuals
- Engaging children by giving out balloons, stickers, temporary tattoos, etc.
- Collecting monetary and food donations
- Signing in participants at a registration desk
- Walking in parades as a representative of The Mississauga Food Bank

Truck Drivers and Assistants

The Mississauga Food Bank fleet is always on the road either picking-up food donations or delivering food to our many affiliate food banks and food programs across Mississauga. We are seeking drivers for our refrigerated 16 foot and 24 foot trucks during normal business hours. Only a 'G' license is required to drive the smaller truck, and a 'D' license is required to drive our bigger truck. The volunteer driver will meet with representatives at other organizations, loading and unloading food products into the truck, as needed.

If you want to ride along in the truck, we have volunteer opportunities available as a Driving Assistant. You will assist the Driver by helping load and unload products from the truck. You can either request to volunteer



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with a friend or we will pair you up with a Driver. Volunteer pairs are encouraged to apply for this role as it will give you the opportunity to become better acquainted with your colleague while you are on the road together.

Cart Decorating Challenge

If you want to be involved in something that will have you competing against other groups, then this is the challenge for you!

The Mississauga Food Bank participates in community parades each year. Our decorated truck is driven down the parade route with our decorated shopping carts following. Eager volunteers push the carts and collect food donations from parade attendees.

Groups are encouraged to apply early to decorate a shopping cart! Bring your unique ideas and creativity to win *Master Cart Decorator*. All decorated carts will be displayed along in the parade. A winner will be determined and declared *Master Cart Decorator* with the winning group receiving an award and recognition on our website.

Group Tours

If you are unable to volunteer and would like to learn more about The Mississauga Food Bank, group tours are available. We will walk you through our facilities providing you with in-depth knowledge about how we operate, where we source our food, and how we positively impact the lives of our clients. Please complete a **Group Tour Request** which can be found in the 'Get Involved' section of our website at www.themississaugafoodbank.org.

How to Volunteer

Please fill out a volunteer application which can be found in the 'Get Involved' section of our website at www.themississaugafoodbank.org. Nikki Sandhu, Manager of Volunteer Programs, will contact you within one week of submitting your application.

If you have any questions, please do not hesitate to contact Nikki Sandhu.

Email: nikki@themississaugafoodbank.org

Phone: 905.270.5589 ext. 227

Fax: 905.270.4076

Mail: 36-2550 Goldenridge Road
Mississauga ON L4X 2S3

A suggested donation for group tours or a half day of volunteering is \$5 per person, or one bag of groceries. For a full day of volunteering a suggested donation of \$10 per person or 2 bags of groceries, or any combination thereof, is greatly appreciated.

