

## COVID-19 Volunteers Needed:

The work of the Regina Food Bank is made possible only because of the support of community members like you. As a response to COVID-19 we are supporting our clients and staff through the door to door delivery of food hampers to our clients, ensuring that those most in need have access to healthy, nutritious foods while keeping their families safe and following physical distancing guidelines.

### **Position: Food Hamper Door to Door Delivery Driver**

**Description:** Volunteers with half-tons, SUVs, or larger vehicles are needed to assist with the delivery of emergency food hampers in the community. Volunteers must possess a valid driver's licence and insured vehicle. You will be assigned a minimum of 8 food hampers for delivery and distribution directly to homes within our community. Volunteers must be in good health and between the ages of 18 and 65. Volunteers must be able to lift and carry up to 40 lbs unassisted. Training and screening will be completed once you expressed interest is confirmed.

**Shifts:** 9:15 – 12:30 Monday, Tuesday, Thursday, Friday.

We currently have one shift per day (a total of 4 days/week) that needs filling and are also looking for a part time on-call list for drivers who can step up if we need last minute support.

Our ongoing needs change based on our volunteer availability; we may need more assistance as our volunteers return to work or go on leave. On an ongoing basis we require a total of 10-12 drivers each day.

### **Position: Food Hamper Delivery & Delivery to School Partners**

**Description:** Volunteers with access to a 3 ton or 5 ton vehicle, or who have experience driving a 3 ton or 5 ton vehicle are needed to deliver larger quantities of food hampers directly to Regina Catholic Schools for distribution by school staff and volunteers to the families they serve. The Regina Food Bank will assist with loading the vehicle. You will need to deliver to the school and assist with unloading for distribution. Volunteers must possess a valid driver's licence and clean drivers abstract to operate RFB vehicles. Volunteers must be in good health and between the ages of 18 and 65. Volunteers must be able to lift and carry up to 40 lbs unassisted.

**Shifts:** Mondays, Wednesdays, Fridays 12:00 – 2:00

### **Position: Driver Greeter & Host**

**Description:** Volunteers will support the Regina Food Bank staff, warehouse, and delivery teams by being the first point of contact for drivers to pick up and return food hampers, daily routes, and any special notes or instructions that may be required. Using a provided radio, you will relay information to the distribution and delivery teams to confirm that hampers go out on time, notify when hampers or paperwork are returned, and relay time-sensitive information to drivers or warehouse teams as required. You will help drivers to pack their vehicles with the accurate number of food hampers required for their route. Volunteers must be good communicators over the age of 18, able to lift and carry up to 40 lbs unassisted and able to sit or stand for long periods of time.

**Shifts:** Daily: 12:30 – 2:00                      Wednesdays: 11:30 – 1:30

**Training:** The Regina Food Bank will provide a more detailed overview and training to prospective volunteers using an online platform like Zoom or Microsoft Teams. Food Bank staff will meet all volunteers in-person for their first shift to introduce you to our facility, review training and answer any additional questions you may have. All volunteers will be required to complete a COVID-19 screening questionnaire, agree to follow COVID-19 protocols and RFB privacy and confidentiality policies prior to their first shift.

**To volunteer please contact:**

**Kim Wenger 306-559-4641 [kwenger@reginafoodbank.ca](mailto:kwenger@reginafoodbank.ca)**