



Volunteer Opportunities

It takes 80-100 volunteers per day to operate the Calgary Food Bank!

Agency - Working with staff and partnering agencies, assist in the distribution of bulk food through the BP Food Link program. Must be physically able to stand and lift; shifts available weekday mornings. **I**

Anchor Desk – Ensure accuracy and timely delivery of dispatch lists, labels and summaries for the depots and for Agency, Care Connect and Neighbour Link pickups. Morning and afternoon shifts available. **I**

Baby Hamper Shopper - Assembles baby orders according to client requirements at the main warehouse in an effective and efficient way. Works together with the Client Services Coordinator to ensure adequate supplies of required baby food is available and accessible. **I**

Birthday Boxes – Processes donations and supplies used in Birthday Party Kits. Works with other volunteers and staff to ensure content of Kits are appropriate and in good condition. **I**

Carter Place Depot - Assist with the distribution of emergency food hampers at an 'inner-city' depot - weekday mornings. Volunteers must be very comfortable working with the public and physically active. **I**

Distribution – With a team of volunteers, work on a manual conveyor belt to add perishable food items to client hampers. Client contact. Must be physically active and able to lift; fast paced activity. Available shifts are weekday afternoons (12:45pm-3:30pm) and weekday evenings (Mon-Thur, 6:10pm-7:30pm). **I, G, F**

Driver - Assist in picking up food donations on behalf of the Calgary Inter-Faith Food Bank. Weekday, daytime shifts available. **I** (1or 2 people), **F**

Greeter - Greet and assist clients through the process of picking-up food hampers. Weekday afternoon shifts as well as Monday –Thursday evening shifts available. **I**

Group Participation - Process food donations in our warehouse (sorting donations, packing emergency food hampers and packaging bulk food items). Seasonally, opportunities may also be available to help hand out food hampers (Distribution) and Special Events. Activity booked/scheduled on a first come, first served basis. **G, F**

Phone Room - Responding to client telephone inquiries and assisting in arranging for emergency food hampers. Available shifts on Monday-Thursday afternoons and evenings – training provided. **I**

Production – Assist in the processing of food donations in our warehouse (sorting donations, packing emergency food hampers and packaging bulk food items). Must be physically active. Available shifts include: mornings (Mon-Fri), afternoons & evenings (Mon-Thur). **I, F, G**

Receiver - Assist donors in unloading, weighing and recording food donations. Assist in loading and unloading Food Bank trucks as required. Must be physically active and able to lift. Weekday activity. **I**

Swamper - Assist in loading/unloading CIFB trucks when donations are being picked-up throughout the city of Calgary. Must be physically active and able to lift. Weekday, daytime shifts. **I**

Walk-In Interviewer - Greet clients and check ID of screened clients. Greet walk-in clients, process their request for a hamper. As appropriate, refer clients to community resources. Weekday afternoons (Mon-Fri) and weekday evenings (Mon-Thur). **I**

Any Individual (**I**), Family (**F**) or Group (**G**) interested in ongoing volunteer activity is encouraged to attend a **Volunteer Information Session and Tour** prior to commencing activity. Contact Volunteer Resources at 319-0830 or volunteering@calgaryfoodbank.com.

Welcome

Help People You Know

Working Poor,
Persons with Disabilities,
Individuals on Fixed Incomes,
Newcomers,
Loss of Income due to Illness



Our Programs

Emergency Hampers,
BP Food Link,
Children's Milk Program,
Hampers for the Homeless,
Bulk Food Distribution,
Prenatal

"We are a charitable organization dedicated to the gathering and distribution of quality emergency food to those in need."

General & Safety Info

Minimum age to volunteer is 12.

Do not wear open-toed shoes or sandals.

CIFB client information is confidential.

Forklifts are used in the warehouse.

Keep in mind: a forklift driver's view is restricted, do not stand close to a forklift, stand a safe distance away when a load is being raised or lowered.

Drivers and pedestrians are equally responsible for their own safety.

CIFB is a non-smoking building.

Food and grocery items at CIFB are intended for clients and partnering agencies only. Volunteers are not to remove any products from the premises.

How We Help

Last year over 94,000 clients received emergency hampers; 42% were children.

Clients are screened and may access up to six emergency hampers per year; 83% of clients access three or fewer hampers per year.

Milk and infant formula are distributed through the Children's Milk Program.

Contact Us:

Calgary Inter-Faith Food Bank
5000 11 Street SE Calgary, AB T2H 2Y5
Ph: 253-2059 Fx: 259-4240
info@calgaryfoodbank.com
www.calgaryfoodbank.com