

Food Program – Satellite Depot Volunteer

Volunteer Description

Working within the Community Capacity Building Peer Model, the Food Program Volunteers support women in our community with essential access to food. Working with the Calgary Food Bank, Food Program volunteers will assemble and distribute food hampers to women from the Women's Centre while facilitating social connections.

Duties

- Support centre staff to receive and unload food shipments from the Calgary Food Bank
- Assemble the food hampers, perishable items, and frozen items before women come for their hamper
- Distribute food hampers to women as they come in throughout the shift
- Engage with women to facilitate social connections and to maintain an inclusive and welcoming space for all women
- Support the Emergency Hamper program

Requirements

- A willingness to work within the philosophy of the Women's Centre
- Ability to work with a diverse range of women in a non-judgemental manner
- An interest in women's issues and in helping women
- Participation in an initial orientation and ongoing training sessions
- Ability to work unsupervised and collaboratively within a small volunteer team
- Must be able to lift 15lbs +

Time Commitment

- One shift per week (three and a half hours long, 9-12:30 pm) either on Monday or Tuesday