



### Volunteer Application Form

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

Telephone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email (if available) \_\_\_\_\_

Emergency contact name and phone number \_\_\_\_\_

Do you have any allergies, physical limitations or health limitations that we should know about?

i.e., allergies, diabetes, problems standing, lifting 30 lbs etc.  Yes  No

***Please note that all volunteers must provide proof of COVID-19 vaccination dated at least 14 days prior to first scheduled shift or proof of a medical exemption to the COVID-19 vaccination.***

Are you a high school student looking to complete your Community Involvement (volunteer) hours?

Yes \_\_\_\_\_ No \_\_\_\_\_

Indicate your availability and preference:

Mon 9:30 to 2:30 \_\_\_\_\_, Tue 3:30 to 7:30 \_\_\_\_\_, Wed 9:30 to 2:30 \_\_\_\_\_, Fri 9:30 to 2:30 \_\_\_\_\_

How long can you commit to a volunteer position? \_\_\_\_\_ 3 – 6 months \_\_\_\_\_ 6-12 months \_\_\_\_\_ Unknown

What are your long-term goals for volunteering?

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What skills, abilities or strengths do you have that relate to your volunteering interests?

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Volunteer Roles: What type of volunteer work would you like to do? Please check all that apply.

- Intake - Greet members, take in person, and phone orders, update computer files  
(Empathy, phone, computer & customer relations skills, willing to obtain a Vulnerable Sector Check)
- Distribution - Assist members with obtaining fresh produce and pharmacy items  
(Customer relations skills, high energy, fast paced)
- Pick and Pack - Assemble food orders for members from a grocery list  
(High energy, fast paced, ability to work independently, ability to lift 30+ lbs)
- Kitchen – Break down bulk food items and clean produce for distribution  
(Ability to work independently, ability to lift 30 lbs, safe food handling skills)
- Warehouse - Sort, check expiration dates and shelve donated food items  
(Ability to lift 50 lbs, comfortable standing for extended periods of time)
- Food Recovery - Recover donated food items from local grocery stores  
(Clean driving abstract, comfortable driving large vehicle, ability to lift 50+ lbs)
- Food Delivery - Deliver food orders to members of the community  
(Empathy, ability to lift 30+ lbs, familiar with Orillia area, sign confidentiality agreement)

In my volunteer capacity, I am committed to the following:

- The Sharing Place Food Centre is a harassment free environment for its employees, volunteers, and members.
- Adhering to the Health and Safety requirements and participating in training appropriate to my position.
- Respecting all confidential information pertaining to members, staff, donors, and volunteers.
- Treating all individuals with a sense of dignity, respect, and worth.
- Maintaining a non-judgmental attitude towards others, respecting cultural differences, living situations, and lifestyles of others.
- Being dependable, recognizing my commitment and responsibility to The Sharing Place Food Centre
- Not smoking or vaping on The Sharing Place Food Centre property.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please Scan & Email your application to [melissa@sharingplaceorillia.org](mailto:melissa@sharingplaceorillia.org) or contact us by phone to discuss the available volunteer opportunities. 705-327-4273 x 102. Thank you!