



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 _____, Tues 9:00 -12:00 (Meals-4-Change) _____
Wed 9:30 to 2:30 _____, Thurs 9:30 to 2:30 (Sunshine Soup 65+) _____ 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?

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

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)
- Meals-4-Change Kitchen Crew - Assist with preparing, cooking and portioning meals
(Comfortable working in commercial kitchen setting, safe food handling skills an asset)
- Sunshine Soup 65+ - Assist with preparing, cooking and portioning soups
(Community cooking program for seniors – Be kind and awesome and 65+)

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 volunteer@sharingplaceorillia.org

Thank you!