

Volunteer Opportunities & Descriptions

Volunteer Position	Position Description & Requirements	Mon	Tue	Wed	Fri
Pantry Volunteer	✓ Each pantry shift team typically consists of 3-4 volunteers.		9:00am – 11:00am	9:00am – 11:00am	
	 ✓ Each team needs at least 1 -2 people able to carry heavy bags/ boxes. 		11:00am – 1:00pm	11:00am – 1:00pm	
	✓ Retrieve requested food items from pantry shelves and storage locations.		1:00pm – 3:00pm		
	✓ Record total weight and number of bags distributed to guests.		4:00pm – 6:00pm		
	✓ Carry bags to guest cars or outside.				
	✓ Restock pantry from basement storage				
	and put on shelves as needed ✓ Check expiration dates and condition of				
	donations and organize pantry shelves as				
	time allows.				
Home Delivery	✓ Call homebound pantry clients and take		Flexible hours		
Caller	home delivery food order.		between 9:00am –		
	✓ Must have good verbal communication		3:00pm (typically		
	skills and patience.		takes 1 – 2 hours		
	✓ No lifting required!!!		to complete)		
Home Delivery	✓ Must have own car and drivers license			10:00am – 12:00pm	
Driver	✓ Must be able to carry bags and boxes of				
	food (up to 30lbs) from car to client			11:00am – 1:00pm	
	apartment (sometimes upstairs)				
	✓ Typically 2 delivery runs of 4-5 orders per				
	driver / per shift = 2 hours				



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Truck Driver	 ✓ Must be able to drive a box truck ✓ Must have a DOT medical exam certificate ✓ Must be able to carry heavy boxes (up to 50lbs) ✓ Driver will drive Greater Boston Food 				8:00am – 10:00am
	Bank order from the Seacoast Food Hub to Pettengill House (1 mile drive each way)				
Greater Boston Food Bank Delivery & Restocker	Team typically consists of a MINIMUM of 5 volunteers. (more desired, it makes the work go faster and allows for more time to organize the pantry and basement inventory!)				8:00am – 10:00am
	✓ Most team members must be able to carry boxes or other potentially heavier items from pallets in parking lot to basement or 1 st floor pantry				
	 Check expiration dates and condition of donations using pantry shelf life guideline procedure and stock or store in appropriate location. 	2			
	 Rotate stock items to ensure oldest products are to be first used by pantry volunteers. 				



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Bread Rescue	✓	Pickup bread and bakery donations from	Times Vary by	Deliver to pantry		
Programs		participating businesses. (Panera Bread,	location	between		
		Andyman, When Pigs Fly, Fig Tree		8:00am – 9:00am		
		Kitchen, AnnaRosa's)				
	✓	Some items need to be repackaged into				
		single servings.				
	✓	Deliver to Salisbury Pantry Tuesday				
		morning.				