Weekly Volunteer Shifts

All volunteers must attend an orientation before helping at the food bank. Orientations are EVERY TUESDAY AT 5PM. Volunteer shifts are as follows ...

**Tuesday Morning**
7:00am - 4:00pm  
WAREHOUSE HELPERS  
Help us prepare bags of food for delivery, stock, organize & clean.

**Wednesday**
7am - 4:00pm  
DISTRIBUTION HELPER  
Process & distribute food to guests at the food bank. Involves standing for 3 hours at a time & lifting up to 50 lbs.

**Thursday Morning**
8:00am - 12:00pm  
HOME DELIVERY  
Help us prepare bags of food for delivery. Drivers needed to deliver food as well.

**Friday Morning**
7:00am - 4:00pm  
DELIVERY HELPER  
Help us unload & process our largest food delivery of the week. Involves lifting up to 50 lbs.

**Saturday**
7am - 4:00pm  
DISTRIBUTION HELPER  
Process & distribute food to guests at the food bank. Involves standing for 3 hours at a time & lifting up to 50 lbs.

Questions?
volunteer@rvfb.org  
206.723.4105  
Tues - Sat, 8am-3:00pm  
Translators Needed!  
Let us know what languages you speak!