

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!

Rainier Valley Food Bank | 4205 Rainier Ave S | RVFB.org | 206.723.4105 | Like Us on Facebook!

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