



VOLUNTEER APPLICATION FORM

Name: _____

Cell #: _____ Home #: _____

Email: _____

NVFB Client? Yes / No

Volunteer Positions Available (check each one you are interested in)

- Special Events - Usually Weekends
- Heavy Lifting – Unloading the Delivery Van – Usually Mondays & Fridays
- Back Prep Area – Tues, Wed & Thurs 9:30am – 1pm
- Store Front Shelves – Tues, Wed & Thurs 9:30am – 1pm
- Cleaning Days – Usually Fridays 10am – 1pm
- Welcome Desk – Tues, Wed & Thurs 9:30am – 1pm
- Food Desk – Tues, Wed & Thurs 9:30am – 1pm
- Office Support- Tues, Wed & Thurs 9:30am – 1pm

How many hours are you available to Volunteer each month? (Circle one)

1-5 hrs

5-10 hrs

10-15 hrs

Why do you want to serve as a volunteer? How do you hope to benefit?



List any previous or current Volunteer Experiences:

	<i>Organization</i>	<i>Position/Responsibilities</i>	<i>Dates of Service (mm/dd)</i>
1.	_____	_____	_____
2.	_____	_____	_____

List the Qualifications and Skills that you will bring to the Nicola Valley Food Bank:

List your Employment / Training Background:

	<i>Employer</i>	<i>Position / Responsibilities</i>	<i>Dates of Employment/Training</i>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Additional Comments:

Signature of Applicant

Date