



## **North Helpline**

Emergency Services & Food Bank

[www.northhelpline.org](http://www.northhelpline.org)

12736 33rd Avenue NE, Seattle, WA 98125

Phone: 206-367-3477

**There are diverse volunteer opportunities at North Helpline for people of all ages and abilities. Contact our volunteer coordinator at [volunteers@northhelpline.org](mailto:volunteers@northhelpline.org) for more information!**

### **Grocery Rescue**

Grocery volunteers pick up donations in the morning from local stores in the north Seattle area. This is a weekly volunteer job that requires some training. Volunteers interested in grocery rescue must have their own vehicles with enough room to carry pick-up items and be able to lift at least 50lbs in weight. This program also has a time commitment of at least six-months. A variety of times and stores are available to do Grocery Rescue at, ask for more information.

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### **Food Bank Distribution**

Volunteers helping with food distributions will generally be assigned to roles that include check-in, line direction/greeting, distributing food to clients, helping to stock the distribution lines, and assisting clients with carts. Volunteers will be assigned to their positions during the distribution based upon the needs of the food bank. Distributions are Wednesday mornings from 9:30-1:30, Thursday afternoons from 4-7, and Saturday mornings from 9:30-1:30.

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### **Sorting**

Volunteers are needed to bag produce and fruit and may also assist with bagging bulk items such as rice, dog food, potatoes, etc. Bread and pastry must also be sorted. Food must be bagged, sorted and put away. Muscle is also needed to off-load the trucks. Truck deliveries are Friday mornings and volunteers are needed from 10-2. Volunteers are also occasionally needed Tuesday-Thursdays to help sort. Contact Jeremy for specific times at 206-367-3477

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### **Home Delivery**

Volunteers transport food from North Helpline to the homes of clients who cannot access the food bank or are homebound. This volunteer position also requires the use of a car and the ability to lift 50lbs or more. Ask for information about Home Delivery times and responsibilities.

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### **Emergency Services**

Emergency Services counselors assist clients registering for the food bank and help provide assistance to prevent evictions and utility shut-offs. Anyone with experience in data entry and



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working in high pace environments are particularly encouraged to apply. Emergency services volunteers are asked to commit to volunteering twice a month for 6 months and receive training. Volunteer shifts are Tuesday-Thursdays from 9:30-1:30, Thursday evenings from 4-7, and Saturdays from 9:30-1:30.

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### **Events**

North Helpline has several events around the year that typically have the largest capacity for volunteers. North Helpline events include fundraisers, the Turkey Drive, sorting events, newsletter help, and many others. Volunteer needs at events are advertised as they come up.

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### **Reception/Office Help**

Reception volunteers are stationed in the administrative office of the food bank. Volunteers in reception will be helping to answer clients' questions, directing calls, and complete various administrative tasks as needed by the staff. Anyone with previous administrative experience and technical expertise is encouraged to contact us and learn more about possible shifts.

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### **Groups**

North Helpline has many kinds of opportunities available for groups. Typically, volunteer groups help with our food distributions or food drives. We also have special events that are perfect for volunteer groups that happen through the year. Groups are encouraged to contact the Volunteer Coordinator to learn more about the different volunteer opportunities available at the time they would like to serve.

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### **Families**

Volunteering at a food bank is great way for families to serve the community together. North Helpline offers volunteer opportunities for families throughout the year that include food drives, distributions, sorting, and fundraisers. North Helpline will be happy to help your family find a way to contribute while having fun helping others.

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### **Special Talents**

We are always looking for volunteers with skills in web design and applications that include Adobe Creative Suite, WordPress, data entry, graphics and other areas of technical skill. Also, volunteers with multiple language skills and background in customer service are needed