



# MARYLAND FOOD BANK

UNTIL HUNGER ENDS.

*The mission of the Maryland Food Bank is to lead the movement and nurture the belief that together we can improve the lives of Marylanders by ending hunger*

## Individual Volunteer Profile

(Please print clearly)

Name \_\_\_\_\_ Date \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Date of Birth (mm/dd/yy) \_\_\_\_\_

Employer \_\_\_\_\_

Title/Department \_\_\_\_\_

**Why do you want to volunteer?** (check all that apply)

- Contribute to community     Meet new people     Develop skills     Explore career path
- Community service requirement – name of school or program: \_\_\_\_\_

**How Did You Learn About Us**

- Newsletter     Website     Volunteer Center     Media     Friend
- Employer     Organization     Other: \_\_\_\_\_

**Work Interest** (check all that apply)

- Product sorting and packing     Office support, including data entry
- Food provider site visits     Donation pick-up (requires van or truck)
- Special Events

(OVER)

**Hours Available**

- Weekdays:**  Morning (9:00am- 12:00pm)  Afternoon (1:00- 4:00pm)  
 **Saturday mornings** (second Saturday of each month from 8:30am- 12:00pm)  
 **Wednesday evenings** (fourth Wednesday of each month from 5:30pm- 8:00pm)

**Schedule Preference**

- Once or twice a month  Once or twice a week  Everyday  
 Other: \_\_\_\_\_

**Available on Short Notice?**  Yes  No

**Access to Truck or Van?**  Yes  No

**Emergency Information**

**Name** \_\_\_\_\_ **Relationship** \_\_\_\_\_

**Phone** (home) \_\_\_\_\_ (work) \_\_\_\_\_

**\*\*\*\*\*PLEASE READ**

**Donated food or product should never be removed from the warehouse.** All donations are the property of the Maryland Food Bank.

**Please do not just “show up”.** An accurate count of volunteers is needed in order to assign work projects.  
**Groups/Individuals not registered run the risk of asking to reschedule.**

**No open toe shoes are allowed in the warehouse.** Please wear tennis shoes or boots that cover the entire foot.