



regina  
foodbank

Volunteer Orientation  
May 2020





# WHAT WE DO

The Regina Food Bank is a charitable community based organization working to eliminate hunger and food insecurity in Regina.



# FIGHTING HUNGER & FEEDING HOPE

Together we can fight hunger and feed hope and make a real difference in the lives of our neighbours and friends, many of whom turn to the food bank for help.



# VOLUNTEER WITH US

- Volunteers have provided more than **1 million hours of service** through the Regina Food Bank.
- Volunteers provide the equivalent of **11-12 full time staff** positions each year.
- Our work would not be possible if not for our volunteers like you!

[www.reginafoodbank.ca/volunteer](http://www.reginafoodbank.ca/volunteer)



# VOLUNTEER WITH US

- Short Term Opportunities
- Longer Term Opportunities
- Many different ways to volunteer, but we are open to your ideas and suggestions as well!



# About Us

- Opened in **1982** – the second food bank in Canada
- Fulfilled **87,356 client requests** for service last year alone
- Distributed **3,218,435 pounds** of food valued at **\$8,367,931**



# About Us

- We work with and **support a network of 120 local community partners** with 161,411 pounds of non-food products and 353,811 pounds of bulk food products distributed last year
- We work with 21+ schools on an urban agriculture outreach project. (\*paused due to COVID)
- Offer cooking classes, financial literacy workshops, ID clinics, Dental Screening and Making Connections Events (\*paused due to COVID)
- **Last year 2,350 volunteers provided 10,703 hours of service.**

Member of:

food banks of  
 Saskatchewan

Food Banks  
Canada







# About Us

- Local donations of food and funds stay within our community.
- Food banks work independently in their day to day operations in ways which best meet their community needs.



# Living with Hunger Impossible Choices

4 million Canadians are food insecure and struggle to put enough food on the table. Every day they face tough decisions about how to make ends meet.

We invite you to follow one of three stories of people experiencing food insecurity, and decide what you would do in each person's situation. What choices would you make?



Maryam, 37, from Lethbridge, Alberta

[www.foodbanks.ca/impossiblechoices](http://www.foodbanks.ca/impossiblechoices)

# HUNGERCOUNT

# 2019



**Get the whole picture**  
Download our full HungerCount 2019 Report [here](#).

"It's been a tough year for those who **struggle** with hunger and we're **fearful** of what's ahead."

⋮  
[Read more](#)

# Did you know?

**34.1%** **40%**  
are children

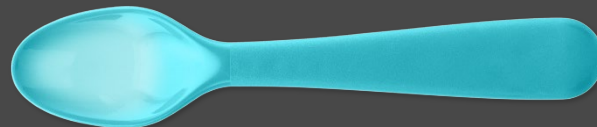
34.1% of food bank users are children while representing only 19.4% of the population

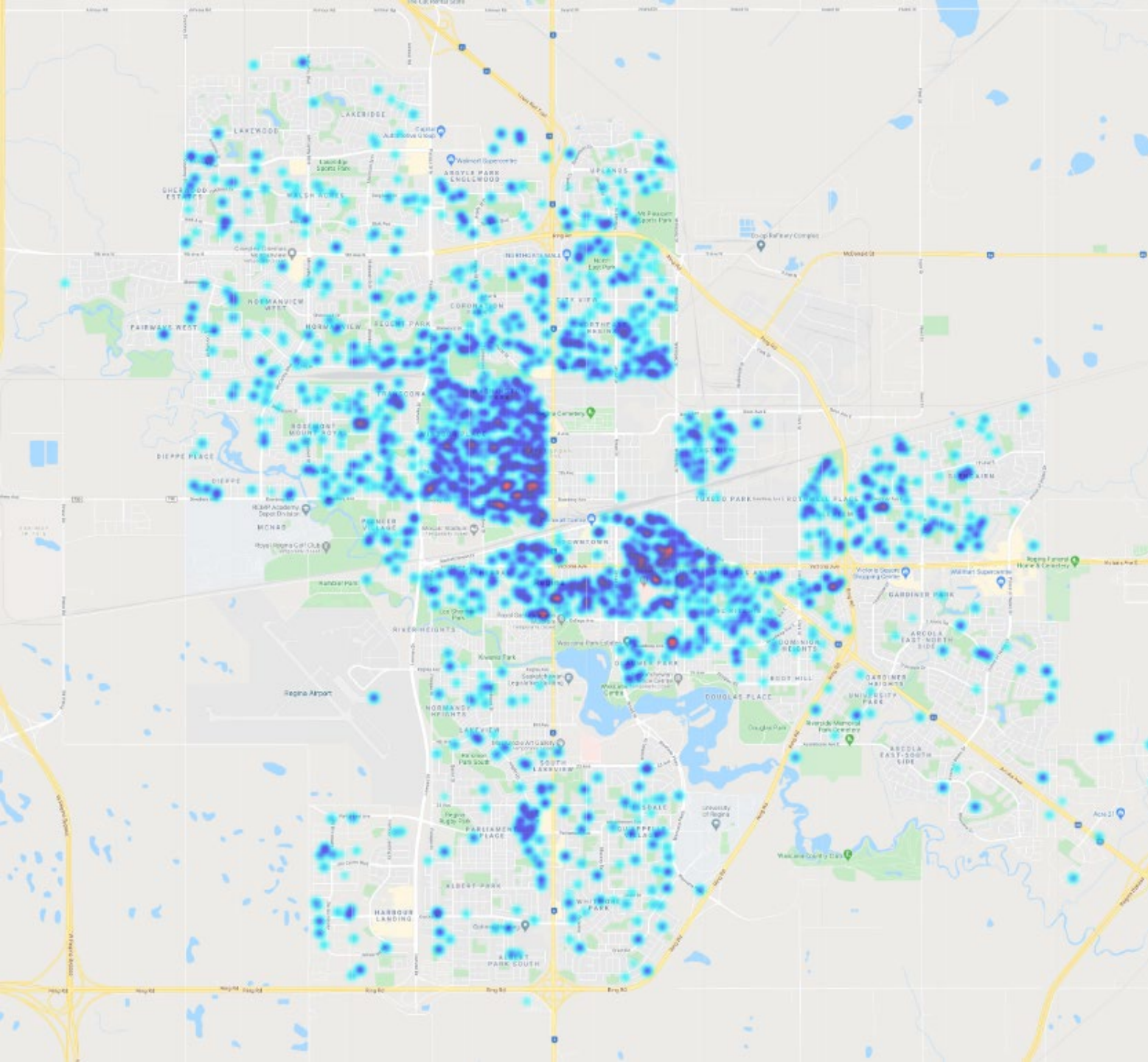
**48.1%** **54%**  
are single adult households

Single adult households represent 48.1% of households accessing food banks, while representing only 28.2% of the population

**57.4%** **43%**  
are on social assistance or disability-related supports

Those receiving provincial social assistance as their main source of income support represent 57.4% of households accessing food banks





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# Heat Map 2020



Lowest  
Density

Highest  
Density



# Our Response to COVID-19

- We're here to help
- Food Bank use has increased by 60%
- Donors of food, funds, resources and time are still needed.
- Our work is transforming and will continue to change to best meet the needs of our clients, volunteers, donors and staff.



## Top Areas with Volunteers Needed

- Warehouse
- Facilities
- Special Events Team
- On Call Squad
- Drivers
- Marketing & Communications
- Special Events Planning
- Office & Admin
- Community Program Development



## Warehouse Volunteers

- Sort donations & prepare hampers
- Prefer to schedule in advance
- We need 4 volunteers per shift every day
- Like to have volunteers that can be called on at the last minute to help us when we get in larger amounts of donations





## Special Events Team

- Be the face of the food bank in the community!
- Smiling and friendly faces to say thank you & help with various aspects of events.
- Ready to roll and follow social distancing and other preventative measures while collecting food or monies donations.
- Food Bank events and 3<sup>rd</sup> Party Events



## On Call Squad

- When urgent opportunities arise we will send an email to all volunteers asking for you to fill a shift that day or in the next day or two.
- Helps us adjust to large volume donations and reduce food waste.
- Ability to backfill shifts easily when other volunteers are unable to fulfill a scheduled shift.



## Drivers

- Valid drivers license & clean driving abstract
- Drive 3 ton or 5 ton truck to pick up food from commercial donors
- Drive your own vehicle or an unmarked food bank vehicle to deliver food hampers directly to clients



## Skills Based Volunteering:

- Marketing & Communications
- Special Events Planning
- Office & Admin
- Program Development

These are opportunities for 25-40 hours per week that may be available in response to the federal grant for students.



Service opportunities

## I Want to Help

- Opportunity for the food bank to benefit from the skills, abilities, and knowledge you have
- All positions may be able to provide a part time or full time volunteer placement
- Can help you learn about the non-profit sector and develop new skills while providing extra capacity to the food bank
- Resumes will be collected and a phone interview will be scheduled prior to scheduling



## Administrative Requirements to Volunteer

- Volunteer Application
- COVID-19 Screening
- Confidentiality Agreement
- Media Release
- Social Media Policy



## Some positions will require:

- Criminal Record Check
- Clean Drivers Abstract
- Copy of Drivers' License & Vehicle Registration
- Professional Accreditation or references
- Copy of resume & in person interview

# Volunteer Requirements Checklist

Position	Application	Confidentiality Policy	Media Release	Social Media Policy	Criminal Record Check	Valid License	Vehicle Regi.	Drivers Abstract	Other
On Call Squad	✓	✓	✓	✓	✓				
Warehouse	✓		✓	✓					
Facilities	✓		✓	✓					
Driver – Your Vehicle	✓	✓	✓	✓	✓	✓	✓		
Driver – Our Vehicle	✓	✓	✓	✓	✓	✓		✓	
Marketing & Communications	✓	✓	✓	✓	✓				
Special Events Planning	✓	✓	✓	✓	✓				
Office & Admin	✓	✓	✓	✓	✓				
Program Development	✓	✓	✓	✓	✓				



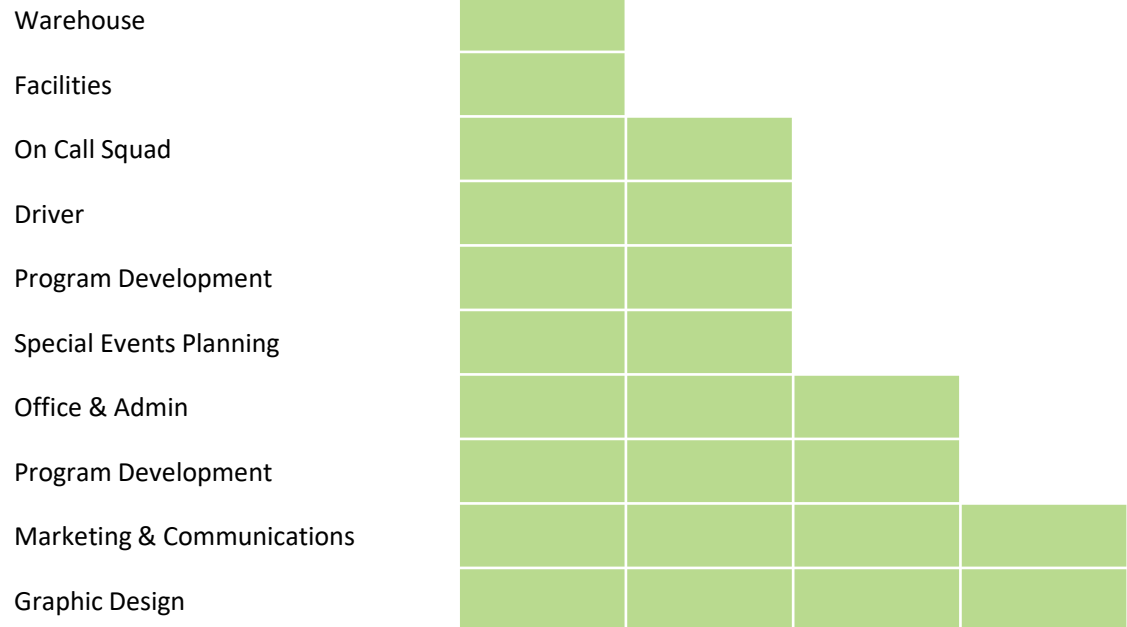


# Training & Availability

## Position

Less

More





# Questions?

Laura Murray or

Shelley Armbruster

[info@reginafoodbank.ca](mailto:info@reginafoodbank.ca)

306-559-1507



# Next Steps

[www.reginafoodbank.ca/volunteer](http://www.reginafoodbank.ca/volunteer)

Password 6533

[Volunteer Scheduler](#)