



# Volunteer Application

\_\_\_\_\_  
First Name & Pronouns

\_\_\_\_\_  
Middle Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-Mail

\_\_\_\_\_  
Date of Birth

*Birth Date is required for criminal background check which you authorize North Helpline to perform by signing below. A background check will be performed every three years.*

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Relation

\_\_\_\_\_  
How did you hear about North Helpline Volunteer Opportunities?

Are you a North Helpline client?

Are you a Veteran?

Hours for School/Employer Match

Court Ordered Community Service

*Some companies have a volunteer match program. Check the box above if that is something in which you want to participate.*

**Please, allow 1 week for any verification required.**

\_\_\_\_\_  
Name of School/Employer

\_\_\_\_\_  
Briefly explain

\_\_\_\_\_  
Number of Hours Required \_\_\_\_\_

\_\_\_\_\_  
Number of Hours Required \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

Commitment to Anti-Racism: In line with our mission statement, we want to ensure all neighbors have access to food and are treated with respect. It is clear food insecurity and systematic racism are linked. Rates for food insecurity are disproportionate for individuals who identify as people of color. In addition, we know that lower income neighborhoods have less access to grocery stores and fresh foods. Addressing food insecurity must include an understanding of how systemic racism has contributed to food inequity.

Confidentiality Statement: Client and volunteer information is confidential. No client or volunteer information or proprietary information will be shared. By signing this document you agree to not disclose confidential information about clients or volunteers to anyone outside the organization. Confidential information includes, but is not limited to, client names and contact information, current and past client records, documents, and electronic information and anything marked as confidential.

Photo Release: I give full consent, without limitations or reservations to North Helpline to publish any photos in which I (or my child, if under 18) appear while volunteering at North Helpline. These photos may be used in any advertisement, promotional literature or other media solely for the purpose of publicizing North Helpline.

I agree to the Photo Release

I do not agree to the Photo Release

Whew! That was a lot of information. Once we get your application processed, you will receive an email from us with instructions on attending an orientation. At the orientation you will be given a link to our online calendar where you can sign up for any shifts that work for your schedule. If you do not have a computer, we are happy to work with you over the phone or in person to set up your shifts. We are so excited to work with you!

### Available Volunteer Positions

North Helpline operates two food bank locations, one in Lake City and one in Bitter Lake. Both locations have unique volunteer shifts. In addition, we have several long term volunteer positions. After reading the information provided, indicate which positions interest you. You can adjust this at any time!

Opportunity	Description	Level of Physical Activity
Food Bank Sorting	Volunteers inspect incoming food for quality assurance and prepare for distribution by bagging produce and bulk items. Bread and pastries also get sorted after being inspected.	You will work with 8-9 volunteers. This position requires standing for duration of shift and bending and lifting of 20 lbs.
Food Bank Distribution	Volunteers will work directly with neighbors to pack foods to last the family for an entire week.	You will serve with 18-20 volunteers. Level of physical activity varies depending on position.
Home Delivery Packing and Preparation	Volunteers pack boxes for homebound clients following specific restrictions. The later shift will have an emphasis on organizing packed boxes to be picked up by drivers.	You will work with 8-9 volunteers. This opportunity requires standing for the duration of the shift as well as bending and lifting of 30 lbs.
Client Services	Volunteers are needed to welcome all of our neighbors and assist them through the registration or check-in process. Volunteers in this role will be trained to use our database and require a longer time commitment.	You can expect to work with one to two other volunteers. This position will require some standing and frequent bending.
Grocery Rescue	Volunteers go to stores to pick up donations for 1-2 hours in the morning. The volunteer can use our vans or their own vehicle. <b><i>This position requires a six month commitment.</i></b>	Bending and lifting boxes up to 30 lbs.
Home Delivery Driver	Volunteers deliver boxes of food to homebound neighbors Thursday afternoons. People interested in this position must come to a home delivery packing shift first. <b><i>This position requires a six month commitment.</i></b>	Volunteers need to be able to lift boxes of 30 lbs and climb stairs at some locations.

Lake City				Bitter Lake				Long Term Positions	
Food Bank Sorting	Home Delivery Packing	Food Bank Distribution	Client Services	Food Bank Sorting				Grocery Rescue	<input type="checkbox"/>
Tues Morning <input type="checkbox"/>	Tues Morning <input type="checkbox"/>	Wed Morning <input type="checkbox"/>	Wed Morning <input type="checkbox"/>	Thurs Morning <input type="checkbox"/>				Home Delivery	<input type="checkbox"/>
Wed Morning <input type="checkbox"/>	Thurs Morning <input type="checkbox"/>	Thurs Afternoon <input type="checkbox"/>	Thurs Afternoon <input type="checkbox"/>					Board of Directors	<input type="checkbox"/>
Thurs Morning <input type="checkbox"/>		Sat Morning <input type="checkbox"/>	Sat Morning <input type="checkbox"/>	Food Bank Distribution				Translation Services	<input type="checkbox"/>
Fri Morning <input type="checkbox"/>				Sat Morning <input type="checkbox"/>				<i>Specify Language(s)</i>	
Sat Morning <input type="checkbox"/>									

**On-Call:** Occasionally we have an urgent need for additional volunteers. This might happen if several volunteers or an unexpected situation has arisen. When that occurs, we keep a list of volunteers who *might* be willing to help out on a one time basis. This list does not require you to come in for any shift, it is simply a list of people our volunteer team can try to reach. **Yes, add me to the on-call list!**

### Helpful Information

#### How to contact us

##### Lake City

12736 33rd Ave NE, Seattle, WA 98125

Office Phone: 206.367.3477

##### Bitter Lake

13000 Linden Ave N, Seattle, WA 98133

Phone Line: 206.413.8192

#### Volunteer Team

**Volunteer Phone Line: 206.413.8271**

**Volunteer Email: Volunteers@Northhelpline.org**

#### Expectations

Your Volunteer Shift

Volunteers are expected to stay the entirety of the shift, including clean up. If you cannot show up for a shift, let us know as soon as possible as this puts us at risk to not serve everyone.

#### Safety Requirements

North Helpline requires masks regardless of vaccination status. Volunteers who are ill or have a fever may NOT work with food and will be asked to leave. All volunteers must wash hands and put on gloves.

#### Client Volunteers

Many of our clients are also volunteers - we encourage this! Client volunteers will fill out a distribution ticket for nutrition to receive food that day and have another volunteer or staff pack a box.

#### Age Requirements

Volunteers need to be 12 years or older. Anyone 12-14 will need an adult guardian. Individuals 14-18 will need consent from a guardian.

#### Accommodation

If you would like to volunteer but the listed positions will not work for you, we may be able to make accommodations!