



# VOLUNTEER INTRODUCTION

A 10-year-old boy waited outside the locked doors of a school breakfast program. The program was to start at 8:15 and the child stood outside at 7:15 in the dark, in the cold and alone.

He explained he had not had any food on the weekend and was hungry. Could he please have some food? This child inspired the launch of the Food4Kids program, a not-for-profit charity that began in 2012.

Now 9 years later, here in **Halton**, we currently pack and distribute bags of nutritious food to help feed **over 800 children** from **over 400 families** every Friday.



Volunteering opportunities are available in Burlington/Oakville, Milton and Halton Hills.



#weekendswithouthunger #caringforothers #nochildgoeshungry



# BECOMING A VOLUNTEER

Volunteers are our most valuable resource, and we would not exist without them! All individuals who are qualified and meet requirements for a position are welcomed and needed. And it's as easy as Step 1, 2, 3...



**Step 1** - Fill out the online [Application Form](#). All individuals who are qualified and meet minimum eligibility requirements for a position are welcomed and needed. *Please note the minimum age requirement is 16 years.*

As some duties put volunteers in direct contact with children at homes or schools, kindly note that some roles require providing Food4Kids with a valid **Vulnerable Sector Check** before you will be able to begin. It can be obtained by applying [HERE](#).

To keep in accordance, each year thereafter, you will be asked to sign an Offense Declaration form.





# BECOMING A VOLUNTEER

**Step 2 – Choose a role (or two or more) that’s right for you!**

- Packing food bags
- School deliveries
- Home deliveries
- Grocery shopping
- Packing support (Help restock the food, move crates and bins. Must be able to lift 25 lbs.)
- Food drive sorting/Inventory
- Special events (ie. Battle of the Chefs, Bottle Drives, Food Drives)
- Fundraising
- General help





# BECOMING A VOLUNTEER

**Step 3 –Your completed application form will be directed to the applicable program coordinator in your area:**

Burlington/Oakville  
[beth@food4kidshalton.ca](mailto:beth@food4kidshalton.ca)

Halton Hills  
[eva@food4kidshalton.ca](mailto:eva@food4kidshalton.ca)

Milton  
[stacey@food4kidshalton.ca](mailto:stacey@food4kidshalton.ca)

Once received the Coordinator will contact you to arrange a meeting to finalize getting you started.

**Thank you for supporting Food4Kids Halton!**

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