



Volunteer Interest Form

Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_

Preferred Contact:  Call  Text  Email

Days Available

Mon  Tue  Wed  Thu  Fri  Sat

Time(s):

Morning  Afternoon  Evening  Flexible

Frequency:

One-time  Occasional  Monthly  Weekly

Volunteer Interests (check all that apply)

- Food distribution
- Sorting & stocking donations
- Office/admin
- Food pick-ups from stores
- Social media
- Events/fundraising
- Cleaning/maintenance
- Leadership/coordination
- Other: \_\_\_\_\_

Physical Ability

I can comfortably lift:  Up to 20#  Up to 35#  Up to 50#  Limited lifting

Physical limitations: \_\_\_\_\_

Driving & Transportation

Do you have reliable transportation?  Yes  No

Would you be willing to drive for pantry pick-ups or deliveries?  Yes  No  Maybe

Vehicle type (if yes):  Car  SUV  Minivan  Pickup  Van

Skills / Resources You Offer

- Fundraising
- Warehouse/logistics
- Office/admin
- Social media/marketing
- Maintenance/repairs
- IT/tech
- Bilingual (Language: \_\_\_\_\_)
- Professional skills (please list): \_\_\_\_\_
- Access to truck/trailer/equipment
- Other: \_\_\_\_\_

Additional Notes (optional)

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_