



Volunteer Contact Information

Name: _____

Email: _____
(email is free and our best method of communication)

Address:

Cell Phone: _____

Which location is convenient for you to volunteer? (Please choose all that apply)

- Okaloosa County
- South Walton County
- North Walton County

We have many needs throughout the week, where are you most interested in helping? (Please choose all that apply)

- Backpack Packing
- Backpack Delivery and Pickups
- Backpack Distribution within School
- FFT Van Driver
- Pantry Support
- Lead Kitchen Class
- Garden Support

Please return in person or via email volunteer@fftf.org



Our mission is to remove the negative impacts of hunger, and empower a child to get the most out of their education and development by providing them with weekly access to healthy, easy to prepare meals and we depend on more than 250 volunteers a week to fulfill our promise to the students and their families serving 33 schools and 3300+ students per week.

The first thing we need you to do is to fill out your volunteer paperwork and let us know where you want to help!

- Paperwork can be found in either pantry location or on our website www.ffafl.org
- This will give us a better idea of where you want to help and when you are available
- Email it back to volunteer@ffafl.org or drop it by one of our pantries during office hours
- We require that our volunteers attend a **volunteer training/orientation** before starting to volunteer. We also require that we have the below documents before your first shift with Food For Thought.
- We will partner you with a staff member or experienced volunteer for your first few shifts so you feel comfortable with your work and have a full understanding of FFT's mission, vision, and values.

Volunteer Opportunities

- **Pick up empty backpacks** - Weekly from schools and deliver them to the pantry- Tuesday/Wednesday. 10 min at each school + drive time
- **Pack backpacks**- Groups of 6-8 people pack backpacks based on weekly menu- Wednesday/Thursday. 60-90 minutes to packing shifts
- **Deliver backpacks** to schools across Okaloosa and Walton Counties. Load up your vehicle at the pantry deliver backpacks to designated school. You will be met by a group of volunteers to help distribute- Thursday/Friday. 15 minutes to load and unload + drive time
- **Distribute backpacks** - meet volunteers at our Elementary Schools and help distribute backpacks across campus. 30-45 min + drive time
- **Van Drivers** - drive our vans, Norma, Betty, Al or Junior to select schools in Okaloosa and Walton weekly. (required to be added to FFT insurance policy). load and unload time + drive time

Pantry Support - Tuesday-Friday depending on organizational needs. Stock food on shelves, sort and organize donations, other projects as needed

Kitchen Instructors: lead classes for 7-10 students in our Full Circle Kitchen

Garden Support: weekly weeding, daily watering, planting, harvesting, fertilizing, and caring for our gardens, as well as lawn maintenance

Email: volunteer@ffafl.org Phone: 850-714-1960

Last updated: July 2019