

## March Break Madness – Student Volunteer Opportunity

Daily Bread Food Bank is opening its doors to high school student volunteers during March Break. From Monday, March 15<sup>th</sup> to Friday, March 19<sup>th</sup>, **high school students** (grades 9 to 12) are invited to come in during our regular business hours. Students will have the opportunity to participate in educational workshops and help sort food donations, while completing their required 40 hours of community service. **Advanced sign up is mandatory.**

Students must bring in one of the following requirements in order to participate:

1. **Collect Pledges:** Collect a minimum of \$25 in pledges on behalf of Daily Bread. Pledge forms will be forwarded when you receive your volunteer confirmation e-mail.
2. **Family Donation:** You and your family can choose to give a minimum donation of \$25.
3. **Fill Your Backpack:** Bring in one backpack full of the most needed items listed below. Please note this requirement will be one backpack full for each day you come in to volunteer.

### Top 6 Most Needed Food Items

- peanut butter
- dried pasta
- tomato sauce
- beans and lentils
- canned meat and fish
- macaroni and cheese

### What you need to know

**You must be a high school student, and sign up in advance:** You can do this by contacting Rachel Singer, Public Education Coordinator, at [rachel@dailybread.ca](mailto:rachel@dailybread.ca) or 416-203-0050 ext.289. Please put *March Break Volunteering* in the subject line of your e-mail and include your preferred date and full name in the body of your e-mail. Rachel will be in touch with you via e-mail to confirm your booking. Spaces are limited and reservations will be on a first come first serve basis.

**Volunteer Application and Waiver:** Every student that comes in to volunteer will need to print out and complete the attached volunteer application form and have a parent or guardian sign the waiver form. Please bring your form in with you. **Do not** send your application form in advance.

### Shift times:

Students are required to volunteer for a minimum of one full day shift 10 a.m. to 4 p.m. (includes a free lunch). Each student will be allowed to sign up for a maximum of three full days. Volunteer shifts are from 10 a.m. to 4 p.m. with an hour break for lunch. Please arrive 15 to 30 minutes prior to your shift to check in. You will be provided with a volunteer letter once you have completed your shift at 4 p.m.

### What to Wear:

- You **must** wear comfortable **closed-toed** shoes (runners or work boots).
- Comfortable clothing that you don't mind getting dusty.
- Layers (in the winter, the warehouse can be chilly).

### Getting Here:

Our address is 191 New Toronto Street in Etobicoke. The main intersection is Lake Shore Boulevard & Islington Avenue.

### Directions by TTC:

Go to Islington Subway station, take the #110 Islington South\* (to Lake Shore). Get off at New Toronto Street. Look for the Lantic Sugar Company (the company's logo – a big red circle with the word Lantic in the middle – is painted on the side of a concrete tower). We are directly across the street from Lantic Sugar. **\*Do not take 110A or 110B buses.**

## STUDENT MARCH BREAK Volunteer Application & Waiver (March 15<sup>th</sup> to 19<sup>th</sup>, 2010)

### Personal Information (Please complete in full)

First name	Last name
Address	
City	Postal code
Phone (home)	Email
School name	Teacher name

Will you require a letter stating the number of volunteer hours you have contributed?  YES  NO

### Health & Safety

Do you have any health concerns and/or special needs that the staff at Daily Bread should know about?

YES  NO If yes, please explain: \_\_\_\_\_

**\*\* Please be sure to inform you supervisor of any physical limitations that will prevent you from having a safe and successful volunteer experience.**

### Parent/Guardian Permission Form For Minors Assumption of Risks, Waiver of Claims Agreement

By signing this document you exempt and relieve Daily Bread Food Bank from liability for personal injury, property damage and/or wrongful death caused by negligence or any other cause. Please note Daily Bread Food Bank accepts no responsibility for your child or children while they are on Daily Bread Food Bank property. I hereby grant permission for my child listed below:

**PRINT NAME:** \_\_\_\_\_ **Age:** \_\_\_\_\_

To participate in public sorting at Daily Bread Food Bank **March 15, 2010 through to March 19, 2010** and hereby agree as follows: I fully understand and acknowledge that risks and dangers exist in my child's involvement at Daily Bread Food Bank. I hereby accept and assume these risks and dangers.

**I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE THAT IT IS MY INTENTION TO GRANT PERMISSION FOR MY CHILD TO PARTICIPATE IN DAILY BREAD FOOD BANK VOLUNTEER ACTIVITIES.**

Parent/Guardian Signature \_\_\_\_\_

Parent's Name (printed) \_\_\_\_\_

Address \_\_\_\_\_

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

### Emergency contact:

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