



VEAP Individual Volunteer Engagement Opportunities

	Pantry Roles	Transportation Roles
Description	Help provide fresh and healthy food to your neighbors! Our pantry roles include creating a positive shopping experience for all by assisting with the shopping process, fulfilling food orders, helping shoppers load their groceries into their vehicles, and sorting through food donations so we can ensure only the best items make it onto our shelves.	Help make our services more accessible by transporting food directly to homes where transportation can be a barrier! Our transportation roles include delivering groceries directly to your neighbor's homes or to community sites for off-site distributions, assisting with food rescue by picking up food donations at local grocery stores, or supporting us through a non-driving role such as becoming a mobile pantry assistant or a delivery coordinator.
Shift times	Monday – Friday 8:15 – 11:30 a.m. 11:15 – 2:30 p.m. 2:15 – 5:15 p.m. ** Monday – Thursday is Indoor Shopping ** Fridays are Drive Thru Operations	Monday – Friday 9:00 – 11:30 a.m. 11:30 – 2:00 p.m. 2:00 – 5:00 p.m. ** Mobile Pantry times vary. ** Evening option available on the 1 st & 3 rd Thursday of every month from 4:30 – 7:15 p.m.
Requirements	Ages 16 and older. Ages 9 – 16 with adult. Able to lift up to 15 – 20 lbs. and stand for a period of time (3 hours). Background check (ages 18+ only)	Ages 25 – 76 if driving. 16+ for mobile pantry assistants. Able to lift up to 15 – 20 lbs. Background check. If driving, must possess a valid driver's license, insurance, and a good driving record.

Interested in learning more? Connect with our Volunteer Department at 952.955.8323 or by emailing volunteerdept@veap.org!
Applications for either our Volunteer Orientation or our VEAP Informational Meeting can also be found on our website
www.veap.org/volunteer/become-a-volunteer/



VEAP Individual Volunteer Engagement Opportunities

	Participant Intake Roles	Administrative Support Roles
Description	Help us create the welcoming environment needed to make sure our neighbors feel comfortable while visiting VEAP! Our intake roles include scheduling food appointments over the phone as well as checking visitors in during both our indoor and drive-thru operations.	Support our organization by working on critical projects for VEAP or by manning our reception desk! Our admin roles include working on administrative tasks for our different departments or managing our reception desk at our volunteer entrance. Roles on this track have minimal to no contact with our visitors and include both paper and computer projects.
Shift times	Monday – Friday 9:00 – 12:30 p.m. 12:30 – 4:30 p.m.	Monday – Friday 8:00 – 11:00 a.m. 11:00 – 2:00 p.m. 2:00 – 5:00 p.m.
Requirements	Ages 18 and older. Basic computer skills. Some roles include phone use. Friendly, warm personality. Background check.	Ages 18 and older. Basic computer skills. Some roles include phone use. Background check.

Interested in learning more? Connect with our Volunteer Department at 952.955.8323 or by emailing volunteerdept@veap.org!
Applications for either our Volunteer Orientation or our VEAP Informational Meeting can also be found on our website
www.veap.org/volunteer/become-a-volunteer/