

GROUP VOLUNTEER INFORMATION

As a not-for-profit organization, Quest Food Exchange relies heavily on the support of volunteers in the communities that we serve. In 2017, our volunteers generously donated 10,544 hours to Quest operations! On behalf of the team at Quest and the community at large, thank you for choosing to volunteer with us. Primarily, your group volunteer session will involve the repackaging of food items for our not-for-profit grocery markets. Other special projects that may suit your group's interests may also be available, depending on when your shift is scheduled. Examples of these include stocking, general maintenance, letter mail outs, and organizing products in the distribution centre. For more information, please contact our Community Development Manager by email at volunteerjobs@questoutreach.org.

- The minimum age for volunteering is 16 years of age.
- Volunteer groups can be scheduled between the hours of 10 AM to 2 PM, Monday to Saturday. Limited weekend volunteer opportunities are available, we do not provide any tours.
- We ask that new volunteer groups be scheduled for a minimum of 4 hours. If this does not suit your availability, alternative arrangements are possible.
- Location: 2020 Dundas Street. Unless alternate arrangements are made, volunteer group sessions take place here. Your team must report to the upper floor of the Administration Office, above the market. The office entrance is located to the left of the market entrance.
- Please identify your group at the front reception area at the top of the stairs. You will be directed to the distribution centre reception area. There will be a sign-in sheet each volunteer must complete.
- Cameras are welcome, and we encourage you to take pictures and post to social media sites. However, we ask that you do not photograph staff, volunteers, clients, and food labels. We also encourage you tell us about your experiences in the form of a feedback form that you will be receiving after your volunteering session.
- There is a Subway, McDonald's, Domino's Pizza, and JJ Bean within close proximity, as well as other restaurants on Hastings Street.
- There is a microwave and limited seating area available for your group to enjoy a well-deserved break.
- Please wear non-slip footwear. Open-toed footwear and tank-tops are not permitted. Please dress in layers, and appropriately for the season. In summer months it can be warm. Correspondingly, in fall and winter months, the facility can be quite cool.
- Our facility adheres strictly to Food Safe policies. If you have long hair, please keep it in a ponytail, cap, or hairnet. Aprons and gloves will be provided.
- Please avoid heavily scented products, many individuals at Quest are highly sensitive.
- Free parking is available on side streets. It is not recommended that you park at any of our adjacent lots, as these locations do not belong to Quest. Parking is available on Dundas Street until 3 pm. If you are travelling by bus, numbers 4, 7, and 209 stop in close proximity.
- It is suggested that you leave valuables at home, or carry them with you for the duration of the session.

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