



# Carmichael

Seventh Day Adventist Community Services

## Volunteer Opportunities

### Monday 8:30 am – 12 pm

- Filling black T shirt bags with USDA products
- Filling white T shirt bags with nonperishable food
- Restocking shelves with Food Bank products
- Set up tables, rolling shelves, carts in distribution room
- Clean and maintain food pantry. Sweep floor, clean tables, sinks, empty trash, flatten cardboard for recycling.

### Tuesday 8:30 am – 12 pm

- Stocking shelves in distribution room with breads and desserts
- Loading carts with filled white T shirt bags, black T-shirt bags (USDA products), breads, desserts
- Unloading and sorting produce and nonperishable foods
- Restocking shelves with Food Bank products
- Clean and maintain food pantry. Sweep floor, clean tables, sinks, empty trash, flatten cardboard for recycling.

### Wednesday 7:30 am – 12:30 pm (Food Distribution 9 am – 11:30 am)

- Filling bags (3 sizes) with produce and place in shelves in distribution room
- Stocking shelves in distribution room with garlic bread, cream based dessert
- Loading carts with filled white T- shirt bags, black T-shirt bags (USDA products), breads, desserts, deli, dairy products in distribution area
- Loading carts with frozen meats, bagged fruits, veggies in foyer
- Loading food from carts into Client's vehicles
- Clean and maintain food pantry. Vacuum carpet, sweep floor, clean tables, empty trash, flatten cardboard for recycling.
- Empty distribution room. Take down tables, restack crates, move rolling shelves to smaller side room.

### Back up Drivers for Grocery Store Pickups 8 am, 8:30 am, 10 am Target Using own vehicle. SUV or Truck desirable

- Monday: Bel Air Manzanita, Safeway Arden, Safeway Madison
- Tuesday: Bel Air Manzanita, Target Madison
- Wednesday: Bel Air Manzanita, Safeway Arden, Safeway Madison
- Thursday: Bel Air Manzanita,
- Friday: Bel Air Manzanita, Target Madison

---

Volunteers able to lift 25 lbs. or more needed. A minimum of 2 hours required per day. For more information call [REDACTED] 916-487-8684 ext 111