Regional Food Bank
OF NORTHEASTERN NEW YORK

965 Albany-Shaker Road
Latham, New York 12110
Tel: (518) 786-3691
www.regionalfoodbank.net

MEMBER OF FEEDING AMERICA

**Why are so few dates listed?**
In mid-April we will move to an online volunteer management platform where volunteers can create profiles and sign up for shifts directly on our website. Because that change is imminent, we are showing a shorter window of open dates (just May, for example, instead of May and June).

March 24, 2017

Greetings!

Volunteers are important to the work of the Food Bank and enable us to accomplish more than we ever could on our own. In fact, each year volunteers donate enough hours to equal 34 full-time employees. We are so thankful for this incredible gift!

Most of our volunteer work takes place in the warehouse, sorting and repacking items for distribution to our member agencies. The work can be dirty at times, so wear clothes you don't mind getting soiled and closed-toe shoes for safety.

**All shifts must be reserved in advance** by contacting us by email at **volunteers@regionalfoodbank.net or by phone at 518-786-3691, x234.** When you sign up, please give us a cell phone number so we can reach you in the event of any scheduling changes, should they occur. **The schedule below is for individuals and families only. Group leaders please contact us directly to set up shifts for your group.**

**CURRENT OPENINGS FOR INDIVIDUALS/FAMILIES IN THE WAREHOUSE**

| | | | |
|---|---|---|---|
| Wednesday, May 10 | 5:00 PM-7:00 PM | | |
| Thursday, May 11 | 6:00 PM-8:00 PM | | |
| Sunday, May 14 | 9:00 AM-11:00 AM | 10:00 AM-12:00 PM | 1:00 PM-3:00 PM |
| Tuesday, May 16 | 5:00 PM-7:00 PM | | |
| Wednesday, May 17 | 5:00 PM-7:00 PM | | |
| Thursday, May 18 | 5:00 PM-7:00 PM | | |
| Thursday, May 25 | 5:00 PM-7:00 PM | | |
| Tuesday, May 30 | 5:00 PM-7:00 PM | 6:00 PM-8:00 PM | |

Sincerely,

Ellie Zehnder
Volunteer Coordinator

M.E. Mazur
Volunteer Coordinator

Elizabeth Gifford
Volunteer Coordinator

Rich Mattice
Volunteer Coordinator