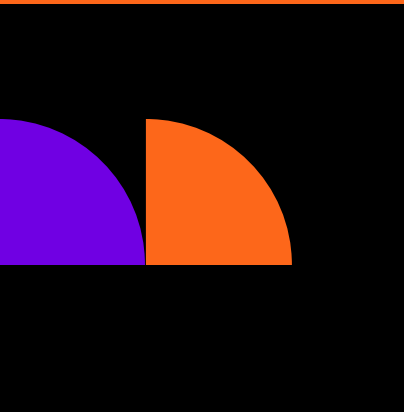


The MJFB

270 FAIRFORD STREET W
MOOSE JAW, SK



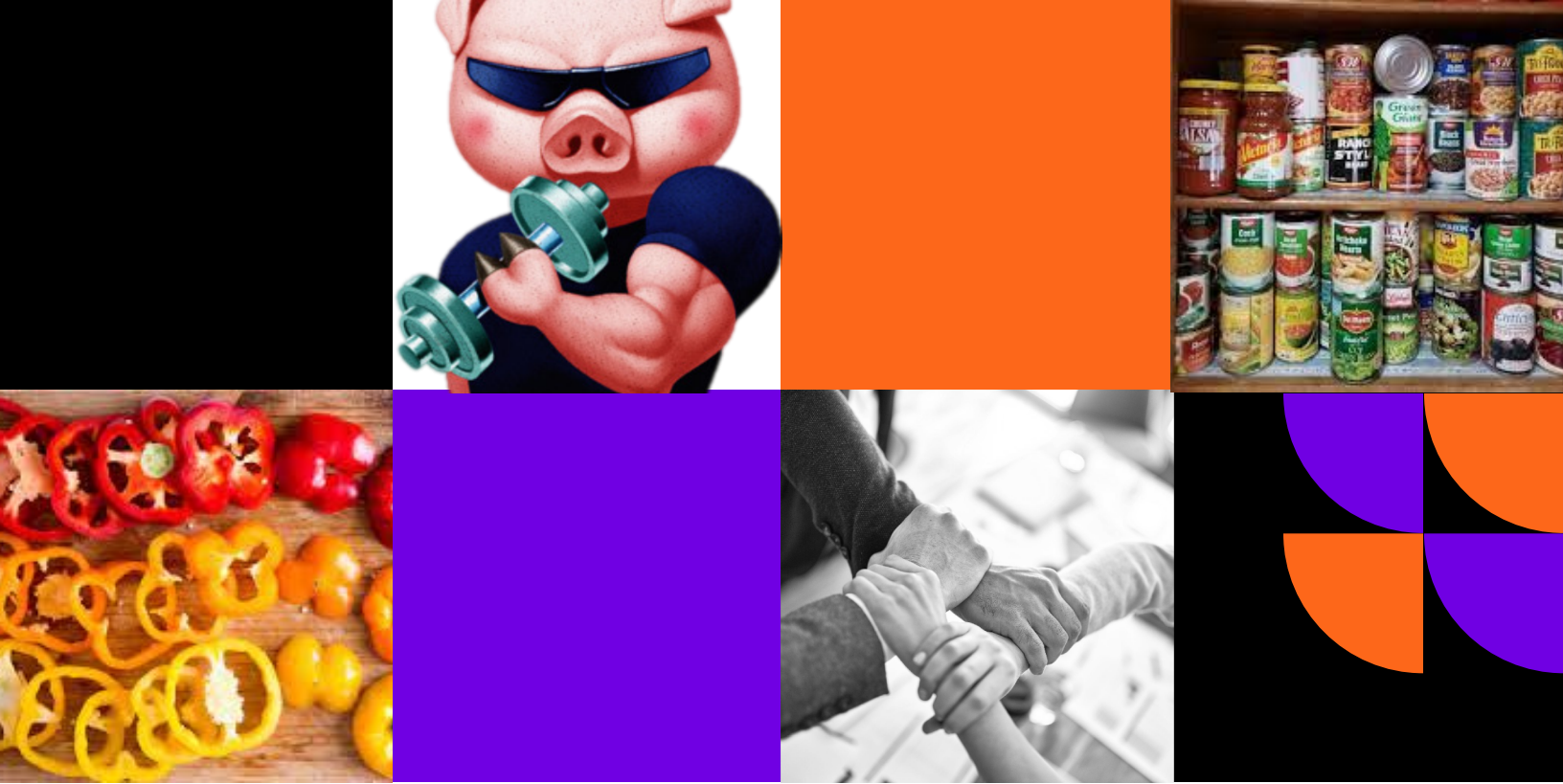
VOLUNTEER INFORMATION
2023-2024



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Who We Are

On October 23rd, 1984, the Moose Jaw & District Food Bank opened its doors for those in the community who needed extra support

In 39 years the MJFB has grown with the community, expanding in programming, volunteers, staff, and location, to best suit the needs of our changing city.



What We Do

The MJFB provides emergency food hampers to anyone who requests one. There is no 'proof of poverty' required.

The MJFB collects donations of products and money to provide these emergency hampers. We also work with other organizations to support our shared clients, and work directly with clients and the community through programming.



Emergency Hampers

WHO CAN GET ONE?

Any person, regardless of income, employment status, residency status, or size of family can access an emergency hamper

HOW CAN THEY GET ONE?

New and returning clients can access a hamper by walking in with a piece of ID, recent mail, and bags

WHEN CAN THEY GET ONE?

Emergency hampers are accessed every Monday, Tuesday, Thursday, and Friday between 10 am and 12:30 pm

HOW MANY CAN THEY GET?

Households are eligible for 2 emergency hampers per calendar month, with a minimum of 1 day in between pick up





Emergency Hampers: What is an Emergency?

An emergency is an unexpected life event that prevents you from being able to adequately afford essentials

SOCIAL SERVICES CLIENTS

Clients utilizing Social Services or other government benefits do not make enough money to live each month, and access the MJFB due to a permanent lack of income

SHORT-TERM SUPPORT

Emergency hampers are designed to be short-term support during a crisis to aid in your survival while you recover from this unexpected event



What Goes In?

NON-PERISHABLES:

A selection of canned and dried goods including soups, pastas, canned meals/meat, breakfast items, rice

PERISHABLES:

Clients have a choice of meat or eggs, and a selection of fresh produce, breads, and desserts

EXTRAS:

Clients are welcome to ask for 1-2 extra items as available, such as dish soap, toiletries, toilet paper

ALLERGIES & RESTRICTIONS

Allergies and dietary restrictions are recorded on file, and the MJFB will do their best to replace items that folks cannot eat

Hamper items vary daily based on donations received



Sign Up

SAME-DAY SERVICE:

We do not book in advance and clients are not required to phone first. We do not have a delivery service so folks must have a way to our location

WHAT TO BRING:

At sign-up we ask for a piece of government issued ID for every person in the house, as well as a recent piece of mail (something with a name, address, and issue date, either paper or e-bill), and bags or boxes to repack the groceries

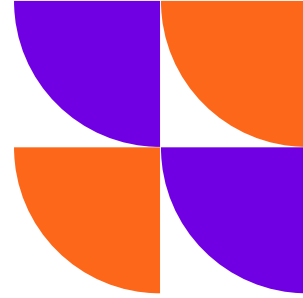
THE PROCESS:

New clients are asked a series of questions about their lives. This information is recorded as statistical data, used to track what's being given out, and the demographics of those we support. This is also used to aid in grant applications

NOT YOUR FIRST TIME?

After the initial sign-up we ask that whomever is picking up bring a piece of ID and mail for themselves at each visit. ID is used to verify who the person is, and recent mail is used to verify the current address





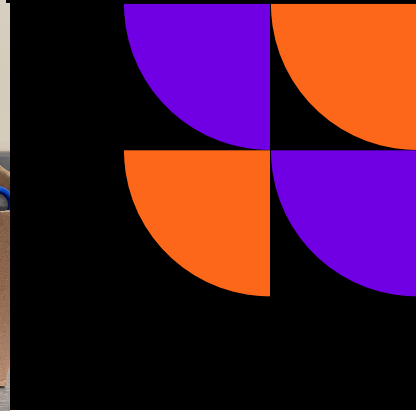
Surplus Program

Every hamper day at 1:00 pm folks are welcome to line up in the lobby for items we won't be keeping to the next day

Anyone is welcome to attend the Surplus Program. There is no sign-up required, and folks are welcome to come each day.

Surplus items vary daily, and it is recommended that folks line up at 12:45

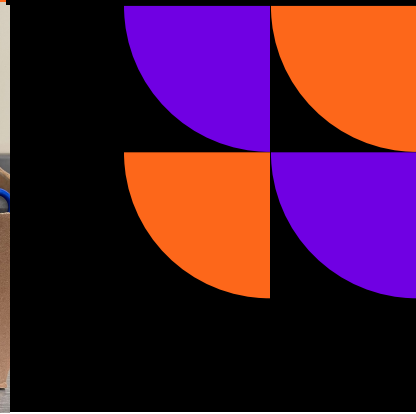
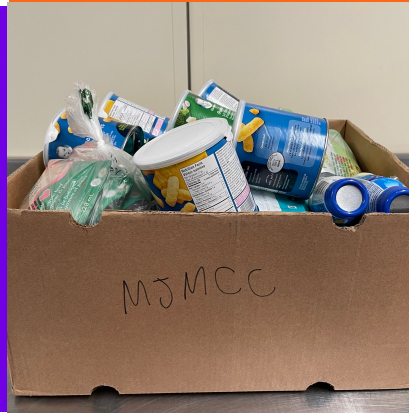




Syngage

On February 9th, 2022, The Syngage Program made its debut through the MJFB and is free to access by all members of the community

The Syngage Program is a client support service that offers assistance applying for work, government programs, housing, and more!



Volunteering

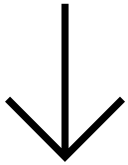
The MJFB wouldn't exist without volunteers - in fact, they make up the majority of the team!

There are several ways to volunteer, and each person decides what area best suits their capabilities and interests.



VOLUNTEERING AT THE MJFB

Warehouse Volunteers



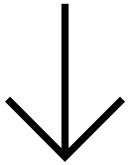
Under the direction of the warehouse manager, warehouse volunteers can expect to...

- Build hampers
- Accept donations
- Sort Donations
- Fulfill lobby requests
- Lift boxes
- Move pallets



VOLUNTEERING AT THE MJFB

Lobby Volunteers



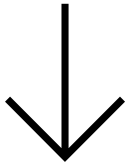
Under the direction of the warehouse manager and lobby supervisor, lobby volunteers can expect to...

- Use the computer to log client visits
- Sign new clients up
- Provide hampers
- Build perishable box
- Tidy up as needed



VOLUNTEERING AT THE MJFB

Volunteer Drivers*



Under the direction of the warehouse manager, volunteer drivers can expect to...

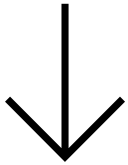
- Pick up donations from vendors/ organizations
- Load/unload van
- Assist in warehouse as needed

***Volunteer drivers must have a valid Class 5 driver's license and clear driver's abstract**



VOLUNTEERING AT THE MJFB

Special Events



Under the direction of the warehouse manager and the operations manager, special events volunteers can expect to...

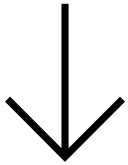
- Attend events as available
- Collect donations from events
- Work event tables

***Volunteer drivers must have a valid Class 5 driver's license and clear driver's abstract**



VOLUNTEERING AT THE MJFB

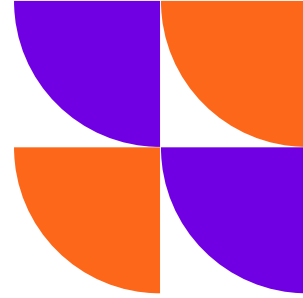
Syngage*



Under the direction of the client resource manager, Syngage volunteers can expect to...

- Help plan weekend/holiday meals
- Prepare, serve, and clean up weekend meals
- Provide general information for guests who need support services

***Volunteers are encouraged to have Naloxone training, valid Food Safe training, and valid First Aid/CPR, but it is NOT required**



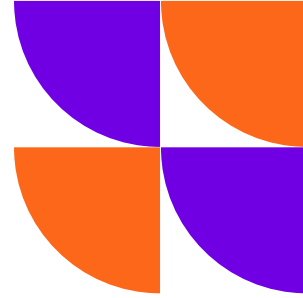
VOLUNTEERING AT THE MJFB

Volunteer Perks

Volunteers of the MJFB have a great time! You pick your schedule and area you want to work in. From there, the fun begins!

Volunteers are provided with drinks, snacks, and are always invited to volunteer appreciation events. Volunteers also have the option to take items home as they need!





Have Questions?

Contact us! Office hours are 9 am to 2 pm Monday through Friday. Volunteer applications can be found on the website or can be picked up in-person.

DEANN LITTLE, DEVELOPMENT & WAREHOUSE MANAGER

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306-692-2911

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