

**FEED MEDICAL LAKE
VOLUNTEER HELP NEEDED**

TASK	REQUIREMENT(S) and/or WHEN NEEDED	HOURS NEEDED
Pick up food donations: Feed Spokane and/or NW Harvest and deliver them to the church	Must be able to lift up to 50 lbs. <u>Feed Spokane</u> every Monday beginning 10:00 am. <u>NW Harvest</u> every Thursday beginning 10:00 am.	3 to 4 (sometimes more)
Pick up food donations from Second Harvest when needed as backup for Dal.	Need pickup truck. 2-H loads pallet into truck bed with forklift. Must be able to lift up to 50 lbs.	3 to 4 (sometimes more)
Table set-up	Must be able to lift up to 50 lbs. 2 nd & 4 th Monday each month beginning 9:00 am	1 to 2
Table break down & put away	Must be able to lift up to 50 lbs. 2 nd & 4 th Monday each month beginning 13:00 pm-	1 to 2
Stacking groceries for bagging	Every Monday, Thursday, or Friday	1 to 2
Bag groceries	Saturday before a meal*	2
Load bagged groceries onto tables and return unused ones to the basement	2 nd and/or 4 th Monday each month	1 to 2 hours
Inventory supplies (non-food)	Once a month	1
Prepping utensil & condiment packs	Once or twice a month	2 (or more)
Hand out meals & groceries	2 nd and/or 4 th Monday each month	1
Packing meal into take-out containers	Saturday before a meal*	3
Dishes (dish washer & by hand)	Saturday before a meal*	2 to 4
Clean Up (vacuum, mop, etc.)	Saturday before a meal*	1
Recycle to Waste-to-Energy plant	Saturday before a meal*	1
Inventory freezers	Every other month	1
Organize off-site storage	Every 3 months in good weather	2 to 4
To Volunteer or ask questions call Joanna Williams, 509-714-1150		

* Meals are the second and fourth Monday each month