



BROWN BAGGING FOR
Calgary's Kids
● LUNCHES ● PROGRAMS ● SOCIAL CHANGE

INDIVIDUAL VOLUNTEER PACKAGE

We look forward to your visit to the Brown Bagging for Calgary's Kids (BB4CK) kitchen. Thank you for taking meaningful action to help feed and care for Calgary kids!

WHAT CAN YOU DO TO USE YOUR HEAD, HEART AND HANDS TO MAKE A DIFFERENCE?

Over the years BB4CK has developed relationships with communities and organizations to come up with unique community-run solutions to feed hungry kids. What special skills or strengths do you have that could help feed and care for Calgary kids and create social change?

VOLUNTEER POSITIONS

Early Bird

This volunteer shift starts between 6:30 am or 7:00 am and ends around 8:00 am or 9:00 am. You will be assisting the Kitchen Supervisor prepare for the lunch-making that day. Jobs include making tuna and egg salad sandwich fillings, slicing meat and cheese, cleaning the tables, etc.

Regular Kitchen Volunteer

This shift starts at 7:00 am and ends around 12:00 pm. You will help the group volunteers prepare lunches to be delivered that day. This includes preparing sandwiches and snacks, packing lunches, cleaning, etc.

Cleanup crew

This volunteer shift starts around 11:30 am and ends at 1:00 pm. You will help with cleaning, including sweeping and mopping as well as light preparation for the following day.

Volunteer Driver

Volunteer Drivers use their own vehicle to deliver lunches to schools. Drivers arrive at the kitchen at 9:30 am and leave shortly thereafter. It takes about an hour and a half to two hours to deliver lunches depending on the number of volunteers and lunches. Upon request, we do offer a tax receipt at the end of the year to reimburse drivers for their gasoline.

Community Groups

Either helping an existing group, or setting up a new group that is needed. Community groups are partnered with a nearby school to care for students in need of lunches.

DO YOU NEED TO ATTEND AN ORIENTATION?

Your first shift in the kitchen will include new volunteer training. BB4CK's Kitchen Supervisor will be at the kitchen to help you when you arrive and answer any questions you have about volunteering with us. Training includes an overview of food safety procedures and on-the-job training of lunch-making duties. Hygiene and safe food handling is extremely important to us. "If in doubt, wash your hands."

We encourage you to view the videos on the AHS website. There are also options for free mini food handling courses. <http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-alberta-food-safety-basics-booklet.pdf>

New volunteer drivers will be able to accompany a staff member on a delivery route if needed, before they do their own route. The Operations Coordinator and/or Lead Driver will be on hand to take you through the delivery process and answer any questions.

WHAT SHOULD YOU KNOW BEFORE YOU COME?

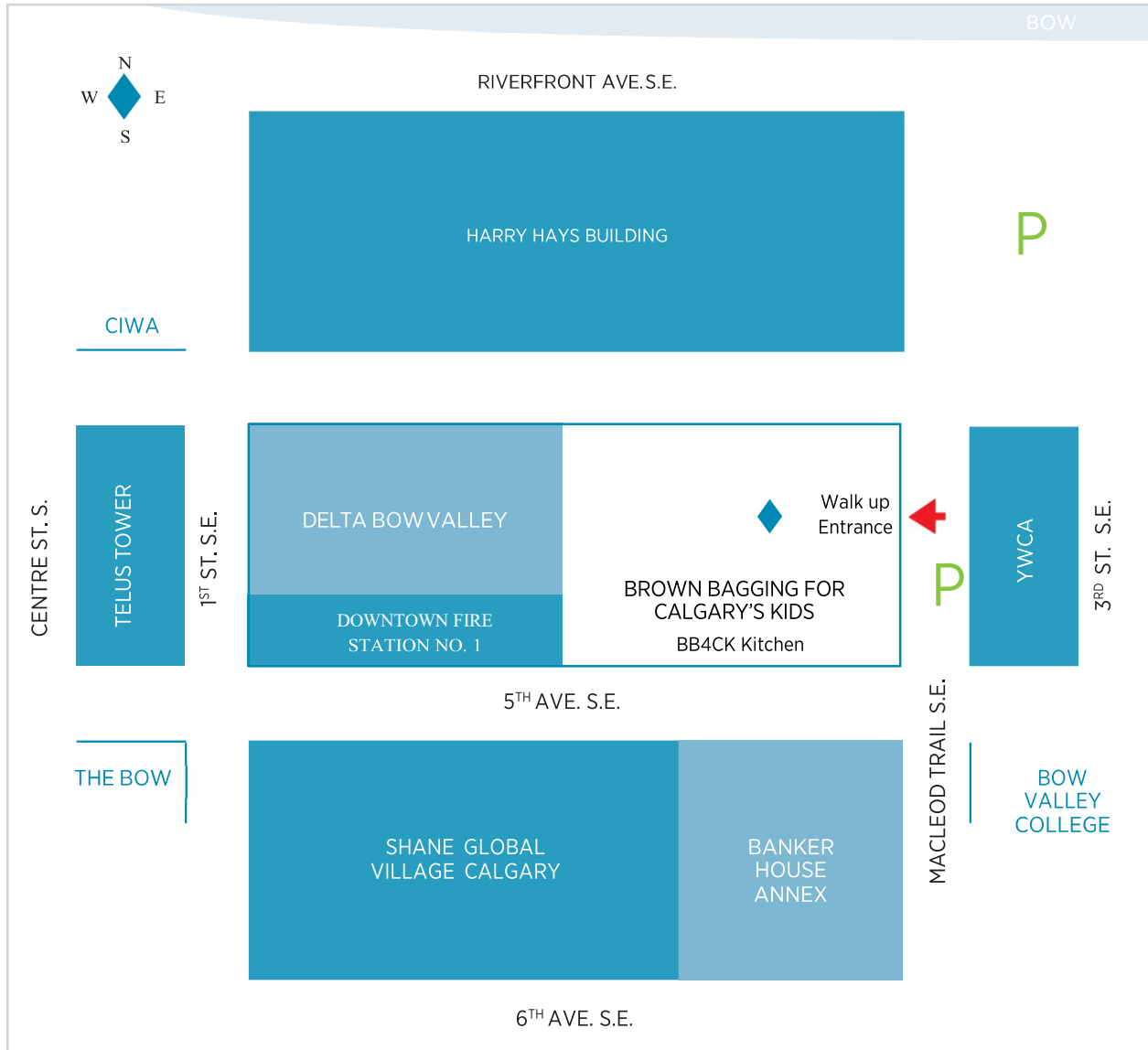
1. Please do not come to the kitchen if you are sick;
2. Please wear clothes that can be worn while using bleach and cleaners;
3. Please avoid wearing any jewelry or watches;
4. Hairnets will be provided; long hair must be tied back;
5. Please wear either a short-sleeved shirt or a shirt that has sleeves that can easily be rolled up, as well as comfortable closed toe footwear as you will be standing for long periods of time;
6. Our kitchen is nut free; and
7. Wheelchair access is available. Please let the Volunteer Coordinator know when confirming your volunteer numbers if this service is needed.

If you have questions, get lost, or are unable to attend your scheduled volunteer day, please contact the kitchen directly at (403) 237-5832.



LOCATION OF THE BB4CK KITCHEN

The kitchen is located in [Langin Place at 433 Macleod Tr. S.E.](#)



WHERE DO YOU GO?

The kitchen is located in Langin Place at 433 Macleod Tr. S.E. It is south of the Harry Hays building, east of the Bow Valley Delta Hotel and on the southwest corner of 4th Ave and Macleod Tr. S.E. The entrance is accessible from the west side of the block that borders Macleod Tr. N.

WHERE DO YOU PARK?

There is angled ParkPlus across the street located in front of the YWCA (as shown on map). There is also ParkPlus all around Harry Hays and on other streets around our building. There is also a publicly available parking lot kitty corner to us (as shown on map). We encourage your group to walk, take city transit, or carpool to the kitchen.