



BROWN BAGGING FOR  
**Calgary's Kids**  
● LUNCHES ● PROGRAMS ● SOCIAL CHANGE  
[bb4ck.org](http://bb4ck.org)

## **Early Bird Volunteer**

Brown Bagging for Calgary's Kids (BB4CK) works to connect and inspire people to take meaningful action to feed and care for kids. Each school day we provide healthy lunches to hungry kids, and we empower communities to create lasting social change.

**Impact:** Early Bird Volunteers set up our kitchen for the larger group of volunteers who arrive later in the morning. This role ensures that everything is prepped and ready so that the lunch-making process runs smoothly and efficiently, ensuring that every child who needs a lunch will have one by noon time!

**Role:** This position is from 6:30am - 8:00am, and requires a commitment of 2 shifts per month. All training is done on site; no prior training is required. The location is our downtown kitchen – 433 MacLeod Trail SE.

### **Responsibilities:**

- Putting out signs; cleaning duties, including sanitizing tables; preparing ingredients for sandwiches, including putting out tuna/egg salads, washing fruits/veggies and prepping meat and cheese; setting up tables for sandwich preparation; starting laundry; and making coffee.
- All duties must be performed following general health and safety guidelines as instructed.
- Light to moderate lifting and bending is required. Volunteers are required to stand for their time in the kitchen.
- Volunteers should wear comfortable closed toe shoes and short sleeved shirts or sleeves that can be rolled up. Shoulder length hair and longer should be tied back. Bracelets, watches, long necklaces and rings should be removed if possible.

**Qualifications:** Early Bird Volunteers will have good organizational skills, strong attention to detail, ability to lift up to 40lbs., and enjoy early mornings.