# VOLUNTEERS CAN HELP

### in many ways to make your program more welcoming and easier to manage.

## Use the ideas below to generate volunteer job descriptions and task lists:

### FOOD RELATED TASKS:

- Volunteers can come in on a monthly or weekly basis to prepare bulk meals for freezing (ex: cheese quesadillas or egg cups, baked muffins or bannock). This bulk preparation may decrease the need for staff/ volunteers during actual school days.
- Help develop recipes, plan menus
- Wash vegetables and fruit, store food
- Prepare food (ex: cutting fruits and vegetables, cooking)
- Help with cleanup, help with compost

### STUDENT-CENTRED TASKS:

- Encourage students to wash their hands and serve themselves
- Remind students of etiquette and manners
- Answer student questions
- Help students provide feedback through surveys, track attendance

### SHOPPING TASKS:

- Order or shop for food and supplies
- Connect with grocers and other food sources about partnerships
- Help to receive food deliveries or put groceries away
- Look for weekly sales in flyers, coupons and deals
- Help to find sources of local foods

### PROMOTION TASKS:

- Help to plan and execute fundraisers
- Write for school or community newsletters, local newspaper
- Share information and photos using social media
- Help to recruit other volunteers
- Provide information at local meetings
- Plan family food nights, taste testing with families and students
- Create fact sheets for your website

### VOLUNTEERS OF ALL AGES:

Some students may not have the chance to interact with older adults in their everyday lives. Some assisted living and 55+ facilities may have retired residents who enjoy working with children and youth. Connect with your local facilities to provide a meaningful intergenerational space for everyone in your snack/meal program! .

Visit our website for more program resources, including ideas for how to recruit and motivate your volunteers.

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