



For Internal Use Only

Start Date: _____ Manager in Charge: _____
Name Tag: _____ Volunteer Phone List: _____
MailChimp (Newsletter): _____ Volunteer list: _____
Release Form on File: _____

Join the "Wellness Kitchen Family" by becoming a Volunteer

Name: _____ Zip Code: _____

Email: _____

Phone: _____

Days/Hours available _____

Personal Skills _____

Volunteer Positions: (Check areas of interest)

Kitchen

- ___ Prep (chopping, etc.)
- ___ Cooking
- ___ Shopping
- ___ Dishwashing
- ___ Laundry (load/wk)

Special Events, Information Tables

- ___ Cooking
- ___ Set up/Take down
- ___ Truck for hauling/delivery
- ___ Marketing/Ticket Sales

Administration and Guest Services

- ___ Food distribution
- ___ Food delivery
- ___ Greeting Guests / Answer Phones
- ___ Client Phone Calls for Orders
- ___ Data Entry
- ___ Computer services
- ___ Website design
- ___ Fundraising

Janitorial Services

- ___ On-site
- ___ Special Events

- ___ On-call Substitute