

North Park Grocery Hamper Program

Volunteer roles:

Pick up donations of bagels at Mount Royal Bagel and bring to First Met Church

- 8 am Thursday morning

Pick up donations at Mustard Seed and bring to First Met

- Volunteer to be at Mustard Seed at 9 am on Thursdays and drive contents to First Met directly after
- address: 808B Viewfield Road
- vehicle and ability to lift heavy boxes required

Sort donations and build hampers at First Met Church

- includes sorting produce, portioning bread donations, filling hampers, labelling paper bags, organizing hampers for delivery drivers, using rolling cart to take hampers out to parking lot for delivery drivers
- 9 am-12 pm, Thursdays
- maximum 3 volunteers (plus Sarah) will be scheduled in the hall at a time
- volunteers strongly recommended to wear a mask, hand sanitizer provided

Delivery drivers to deliver grocery hampers

- 11 am-2 pm, Thursdays
- typical route is made up of 5-8 addresses, and takes about 1 hour; hampers can be picked up at First Met between 11 am-1 pm
- drivers receive a map and phone numbers of recipients
- volunteers strongly recommended to wear a mask
- please bring your own hand sanitizer, or let Sarah know if you need some
- vehicle and ability to lift 10 pounds required

Some of these roles can be combined. For example, pick up donations and sort hampers. Or, sort hampers and deliver!

A weekly commitment is not required. A schedule can be worked out to suit your availability.