



PLEASE PRINT CLEARLY

If you are NOT 18 years of age or older, your parent or legal guardian MUST read & sign the agreement.

LAST Name _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ Circle one: Home Work Cell

EMAIL _____ If employed, JOB TITLE _____

AGE (check one) Under 18 _____ (parent or legal guardian MUST sign the form) OR 18+ _____

EMERGENCY CONTACT NAME _____

RELATIONSHIP _____ PHONE _____

At Nourish Now, volunteers are very important to us. The success of our food operation and distribution largely depends on our volunteers like you. We have a few simple policies and procedures that we ask you to follow to help make everything run smoothly.

Please initial after reading:

_____ I understand that the activities performed in the Nourish Now warehouse may require physical activity, exposure to food allergens, contact with unidentified persons, and potential risks of injury and property damage, requiring the exercise of caution to avoid injury and/or damage to property.

_____ I am releasing Nourish Now and its employees, partners, directors, officers, contractors, and donors from any and all responsibility for such accident or injury or loss or damage of property, and agree that I, my guardians, legal representatives, heirs, assignees, will not claim or demand against or sue Nourish Now or any of its, employees, partners, directors, officers, contractors, and donors for injury or damage of property resulting from my participation as a Nourish Now volunteer or in Nourish Now related activities.

_____ With knowledge of the above mentioned potential hazards and dangers involved, I still wish to volunteer and hereby agree to assume any and all risks of personal injury or damage and/or loss of property, including damage to my vehicle, with respect to any liability of Nourish Now for such risks that may have occurred over the course of my participation as a Nourish Now volunteer.

_____ I understand it is my responsibility to notify the Volunteer Coordinator beforehand, and again the day(s) of volunteering, if I have any food allergies, food restrictions or physical limitations that may prohibit me from participating in volunteer tasks.



RULES

- No running or smoking in the building. Eating and drinking is allowed only in designated areas!
- Cell phone use is restricted to the office side of the building for food safety reasons.
- Any food or grocery items are intended for charity. Volunteers should NEVER remove ANY products, without the consent of staff and proper documentation of the outgoing food.
- Volunteers should report to a Nourish Now staff member upon arrival and sign in on the Volunteer Sheet. Volunteers should also sign out when leaving.
- Please remember that clean up is part of your work.
- Please ask staff, long-term volunteers, and interns where items should properly go, if unsure. Do not leave items lying around.
- Remember to lift items properly, with your legs, knees bent, not with your back.
- Take water and rest breaks.

ATTIRE: The dress code at Nourish Now is casual, but there are a few guidelines we ask that you follow:

- Dress appropriate for the weather
- Please wear closed toed shoes ONLY (no open toe shoes of any kind)
- Please leave purses, jewelry, or other valuables at home or in your car. Nourish Now is not responsible for any lost or stolen items.
- Large bags are to be put into lockers or in desk drawers on office side.
- Long hair must be pulled back into a hair tie or restrained in a hair net.

GROUPS

- The group leader should confirm with the Nourish Now Volunteer Coordinator, two days prior to the scheduled event to confirm arrival and departure times and size of group.
- Please call at least two days in advance to let us know if you are unable to make your scheduled project day.
- Group leaders should distribute these guidelines to their group.