FOOD RELIEF NQ
Townsville's Own Charity

VOLUNTEER INFORMATION

ABOUT US

Food Relief NQ is a not-for-profit organisation which supplies affordable and necessary food products to local community groups and agencies. FRNQ receives donations of non-perishable food items, as well as purchases food items from a variety of sources and redistributes over 200,000 kg of food items annually.

Food Relief is unique in that our region has virtually no food manufacturing or processing facilities and so we rely heavily on donations and the financial support of members of the Community who can assist Food Relief in meeting demands.

With no government funding, Food Relief NQ relies on the generosity of locals to continue operations in Townsville. We are fortunate to have the support of many local businesses, and we can proudly say that 100% of food and funds donated go straight back to sourcing and distributing food items.

With no paid staff, we rely on volunteers to sort food, pack hampers and deliver to local community groups.

WHY VOLUNTEER WITH FOOD RELIEF NQ?

As Townsville's only food based charity, Food Relief NQ is North Queensland's own foodbank, and all donations go straight back into our local community.

Benefits of volunteering for us:

- Give back to the local North Queensland community
- Gain new skills and strengthen existing ones
- Meet new people
- Be involved in a community minded, relaxed environment
- Brings a sense of belonging and satisfaction of giving back to those in need

KEY INFORMATION ABOUT VOLUNTEERING

- Volunteering shifts are available Mondays, Wednesdays and Thursdays between 7.30am-11.30am
- Volunteering shifts are generally 4 hours
- Volunteering shifts are in person at Food Relief NQ at 41 Toll Street, Mount St John
- Volunteer roles require a minimum commitment of 3 months unless otherwise stated (commitment made once an initial trial shift is completed)
- The minimum age for volunteers is 18 years
- Volunteers must make their own way to the depot for shifts
- Manual handling is regularly required of up to 25kg

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VOLUNTEER REQUIREMENTS

WHAT'S INVOLVED IN A DAY AT FOOD RELIEF NQ?

During a shift at FRNQ, volunteers are generally required to perform the following tasks:

- Sort donated food items including tins/ cans, cartons, packets and bottles
- Make up hamper boxes
- Pack food items into hamper boxes using the manual conveyor system
- Lift and stack packed hamper boxes from conveyor to pallets on the floor
- Move pallets using pallet jack (or forklift if you have the relevant licence to operate)
- Move donation bins around
- Collect donations and deliver hampers using FRNQ vehicles (if you have the appropriate licences to do so)
- Fill out receipts or paperwork for deliveries as required

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APPLICATION FORM

PERSONAL INFORMATION

Full Name :

Gender : ☐ Male ☐ Female

Address : _____

Phone Number : _____

E-Mail : _____

Age : ☐ 18-35 ☐ 36-45 ☐ 46-64 ☐ 65+

Occupation : _____ **Are You A Retiree ?** : ☐ Yes ☐ No

Availability : ☐ Monday ☐ Wednesday ☐ Thursday

Areas of Assistance : ☐ Packing ☐ Delivering Hampers ☐ Other: _____

Your key skills and attributes : _____

MEDICAL INFORMATION

Any important medical information we need to be aware of:

_____

_____

VOLUNTEER APPLICATION ACKNOWLEDGEMENT

I understand that as a volunteer at times I may be required to:

- **Complete manual handling tasks of up to 25kgs**
- **Driving a light or medium vehicle to collect and deliver items (if appropriate licences are in place)**
- **Attend nominated shifts between 7.30am-11.30am on dedicated day and advise FRNQ if unable to attend**
- **Comply with relevant safety and charity standards**

Name : _____ **Signature** : _____ **Date** : _____

More Information :

41 Toll Street, Mount St John QLD 4818

07 4774 7620

www.foodreliefnq.org.au

THANK YOU

This is an application only. If successfully accepted, all potential volunteers are required to complete a trial shift at Food Relief NQ before they commit to regular volunteering.
Thank you for your interest, we will be in contact in the near future.