



Dear Volunteer,

Thank you for volunteering with Feeding America San Diego! Feeding America San Diego is able to provide food to 73,000 different individuals each week, and we couldn't do it without you! Volunteers contribute 46% of all our labor (more than 21,000 hours a year!) and enable us to ensure that 98¢ of every dollar goes directly to food programs. Each month, Feeding America San Diego relies on volunteers to sort, clean, bag, and box more than 1,000,000 pounds of food that helps alleviate hungry children, families, seniors, homeless, and the most vulnerable in San Diego County.

Please remember the following:

- All volunteers **MUST wear closed-toe shoes** – tennis shoes or running shoes work great!
- The distribution center is not air conditioned or heated – we urge you to dress accordingly.
- Wear proper work clothes (closed-toe shoes only and decent clothes you do not mind getting dirty).
- Eating or drinking is permitted in the break room only
- Please no horseplay in the warehouse.
- No ipods or mp3 players
- Bringing work gloves is recommended, but not required
- Please use the correct trash receptacles; recycling is very important to FASD!
- Sign in upon arrival.

Increase your impact! Feeding America San Diego is able to turn \$1 into 8 meals (that's 10 pounds of food)! Consider making a donation or dropping spare change into our wishing well in addition to your volunteer time. Or, host a mini food drive at work to increase hunger awareness and fill our agency marketplace.

Directions to Feeding America San Diego:

Address: 9455 Waples Street, Suite 135 San Diego 92121. Please see next page for map.

From the 805 Freeway, take exit 27A for Mira Mesa Blvd/Vista Sorrento Pkwy. Drive east on Mira Mesa Blvd. Turn right at Huennekens Street. Take the 1st right onto Waples Street. Drive to the end of the cul-de-sac and turn left and make an immediate left in the parking lot. Turn right at the second warehouse building and Feeding America San Diego is suite number 135.

From the 15 Freeway, exit 16 Mira Mesa Blvd. Drive west on Mira Mesa Blvd. Turn left at Huennekens Street. Take the 1st right onto Waples Street. Drive to the end of the cul-de-sac and turn left and make an immediate left in the parking lot. Turn right at the second warehouse building and Feeding America San Diego is suite number 135.

For more information about Feeding America San Diego and monthly volunteer opportunities please visit www.feedingamericasd.org. Thank you for your volunteer action and support!

Alicia Saake

Volunteer Coordinator

858-452-3663 ext. 100

volunteersd@feedingamericasd.org

Directions to Feeding America San Diego

9455 Waples Street Suite 135

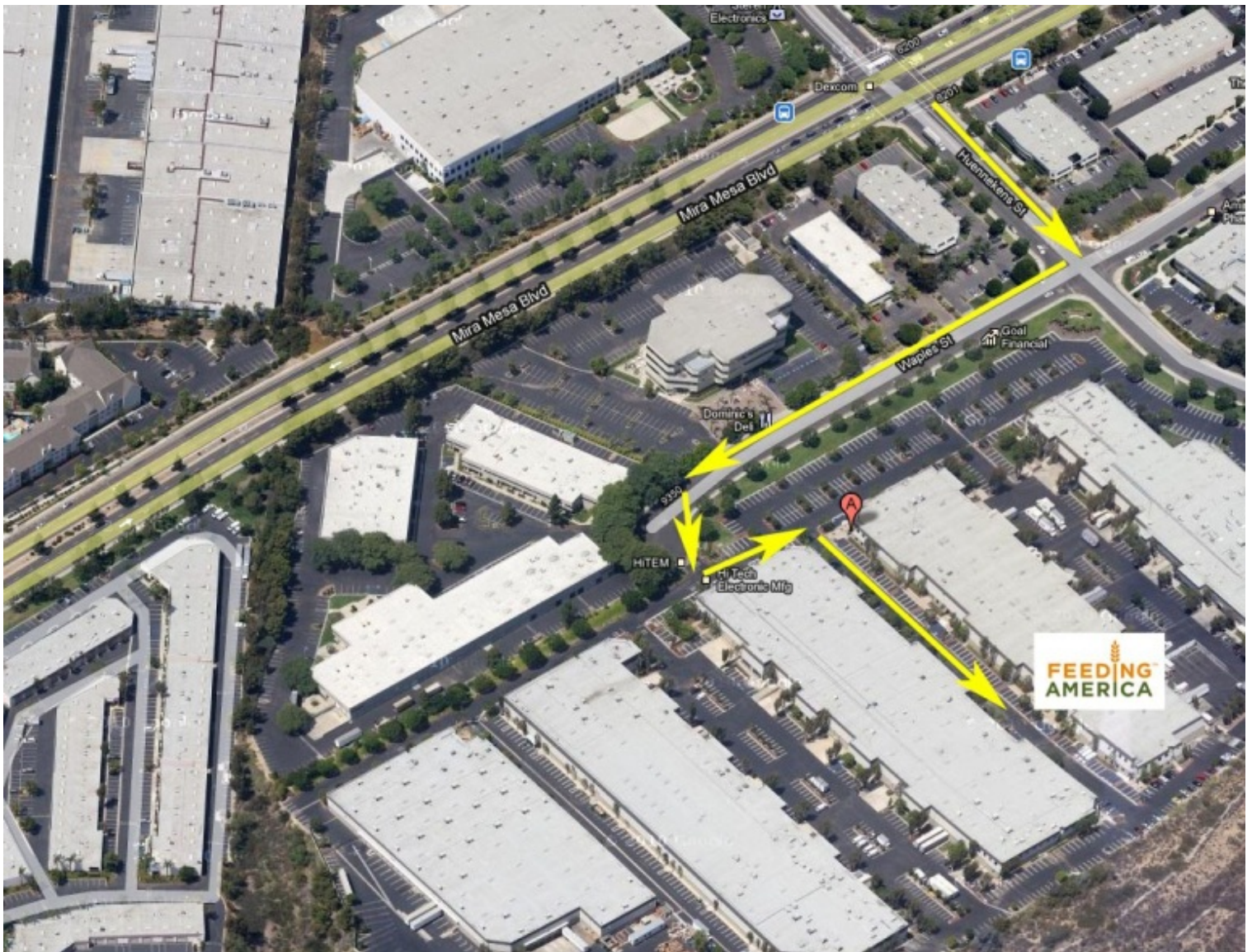
San Diego, CA 92121

From the 805:

1. Exit Mira Mesa Boulevard
2. Go EAST on Mira Mesa Boulevard
3. Turn RIGHT on Huennekens Street
4. Turn RIGHT at Waples Street
5. Turn LEFT into the driveway at the end of Waples Street
6. Immediately turn LEFT
7. Turn RIGHT at the first opportunity
8. Feeding America San Diego is located on the left

From the 15:

1. Exit Mira Mesa Boulevard
2. Go WEST on Mira Mesa Boulevard
3. Turn LEFT on Huennekens Street
4. Turn RIGHT at Waples Street
5. Turn LEFT into the driveway at the end of Waples Street
6. Immediately turn LEFT
7. Turn RIGHT at the first opportunity.
8. Feeding America San Diego is located on the left





Waiver and Release of Liability

Name: _____ E-mail Address: _____
(First) (Last)

Mailing Address: _____ Apt # _____

City, State: _____ Zip: _____ Phone: _____

Date of Birth: _____ Group (if any): _____ I want to receive monthly e-newsletter _____

Emergency Contact

In case of emergency please contact: _____ Phone: _____

Policies and Procedures that I will follow:

- **All volunteers MUST wear closed-toe shoes – tennis shoes or running shoes work great!**
- No iPods or mp3 players
- Wear proper work clothes (closed-toe shoes only and decent clothes you do not mind getting dirty).
- Eating or drinking is permitted only in the break room.
- Wash your hands before and after handling food items.
- Running, horseplay, riding pallet jacks, and stepping on pallets is a safety hazard and not permitted.
- Safety is first priority, please be mindful of the forklifts, using proper lifting techniques, and displaying mature behavior.
- Food and other products may not be removed from the warehouse.
- Use proper lifting techniques: when lifting heavy objects, use your legs to push upwards, keep your back straight and your body balanced. Don't attempt to lift over 50 lbs without assistance.
- Volunteers are responsible for cleaning up their area.
- Report all accidents and injuries immediately to warehouse staff.
- Feeding America San Diego will not be responsible for any missing personal belongings, please leave in your car.
- Sexual harassment, violence, or offensive speech will not be tolerated.
- No one under the influence of drugs and/or alcohol will be permitted to volunteer.
- Only staffs are allowed to operate forklifts.
- Bringing work gloves is recommended, but not required
- All volunteers must sign in immediately before volunteering begins.
- Please use the correct trash receptacles; recycling is very important to FASD!

Waiver and Release of Liability

In connection with my voluntary involvement in activities undertaken for, and / or with the participation and support of Feeding America San Diego, I, the undersigned, hereby agree, for myself, my heirs, assigns, executors, and administrators to release and discharge Feeding America San Diego and its nonprofit partner agencies, its officers and directors, members, partners, funders, employees, agents, and volunteers (Releasees) from all claims, demands, and actions from injuries sustained to my person and / or property as a result of my involvement in such activities, whether or not resulting from negligence. I agree to release and hold Feeding America San Diego and its Releasees harmless from any cause or action, claims or suit arising therefrom. I hereby attest that my attendance and involvement in such activities is voluntary, that I am participating at my own risk and that I have read the foregoing terms and conditions of this release. I understand in the case of accident or injury that my health insurance is the primary insurance coverage. I hereby confirm, represent and warrant that I have never been **charged with or convicted of any crime involving or relating to child abuse or neglect, child pornography, child abduction, or any other violent offense, including kidnapping, domestic violence, rape or any sexual offense, or who have ever been ordered by a court to receive psychiatric or psychological treatment** in connection therewith. I agree that I will perform activities that I am comfortable performing and will follow all instructions. I also grant full permission for Feeding America San Diego and their Releasees, to forever use photographs, videos, audios or quotations from me in legitimate accounts and promotion of Feeding America San Diego activities, with or without identification of me by name, and without compensation. This includes Feeding America San Diego's website, Facebook, Twitter, and other social media and media sources. In the course of volunteering at Feeding America San Diego, I understand that I may work with confidential information. I agree to keep such information in the strictest confidence. I must abide by the volunteer policies and procedures outlined above.

Print Name: _____ Signature: _____ Date: _____

Release of Liability for Minors: I, the undersigned parent or guardian of a minor participating with or without me, attests that I am over 18 years of age and warrant that I have legal authority to execute the above agreement on my child or legal ward's behalf. I have read the foregoing Waiver and Release of Liability and I hereby give my express consent to the irrevocable execution of this release on my child / legal ward's behalf.

Minor: Print Name: _____ Signature: _____ Date: _____

Guardian: Print Name: _____ Signature: _____ Date: _____