

Join the “Wellness Kitchen Family” by becoming a Volunteer

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Days/Hours available\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Personal Skills \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Volunteer Positions: (Check areas of interest)

**Kitchen Special Events, Information Tables**

**\_\_\_\_Prep (chopping, etc.) \_\_\_\_Cooking**

**\_\_\_\_Cooking \_\_\_\_Set up/Take down**

**\_\_\_\_Shopping \_\_\_\_Truck for hauling/delivery**

**\_\_\_\_Dishwashing \_\_\_\_Marketing/Ticket Sales**

**\_\_\_\_Laundry**

**Administration and Guest Services Janitorial Services**

**\_\_\_\_Food distribution \_\_\_\_On site**

**\_\_\_\_Food delivery \_\_\_\_ Special Events**

**\_\_\_\_Data Entry**

**\_\_\_\_Computer services**

**\_\_\_\_Website design**

**\_\_\_\_Fundraising \_\_\_\_On-call Substitute**