



Welcome Volunteers!

The Maryland Food Bank depends solely on its volunteers to manage the sorting and packing of donated food and product in our warehouse. We hope that your volunteer experience with the Maryland Food Bank is positive and that we'll see you again soon! We ask that our volunteers come prepared to work and abide by the following:

- Volunteers should dress comfortably, preferably in jeans, t-shirts and/or sweatshirts. Volunteers work in our warehouse where the temperature may vary depending on the season. Tennis shoes or boots should be worn. **No open-toe shoes of any kind are allowed in our warehouse. Volunteers wearing open-toe shoes will be asked to reschedule their volunteer appointment.**
- Volunteers must be at least 12 years of age to volunteer. Children between the ages of 12 and 16 must be accompanied by an adult.
- Volunteers must call to schedule a volunteer appointment. Individuals that just “show up” without an appointment cannot be accommodated.
- Volunteer sessions are divided into 3 hour time slots. They cannot be altered and each volunteer individual or group must commit to the full 3 hours.
- Volunteers are not allowed to remove donated food and/or product from our warehouse. All donated product is the property of the Maryland Food Bank.
- The Maryland Food Bank is a non-smoking facility. Smoking should be done outside the food bank facility near the last loading dock.
- Must be able to lift up to 25 lbs. without assistance.