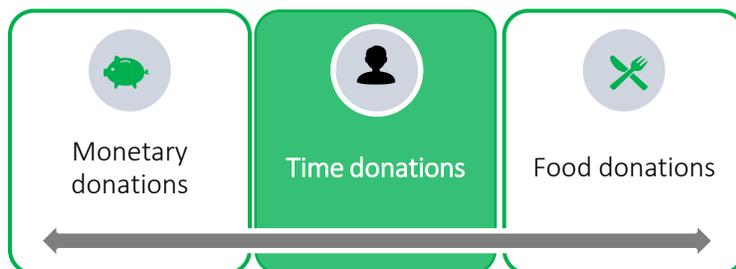


## Thank you for your commitment to our cause!

Moisson Montréal is a charitable organization. We collect food donations and essential products throughout the year and distribute them for free to community organizations on the Island of Montreal. Thanks to your support, we are the biggest food bank in Canada distributing the greatest amount of food in the country.

By organizing a volunteering activity, you contribute to one of the three ways to support our organization:



### Volunteering hours

SCHEDULE MEALS	MONDAY – THURSDAY 08:30 AM – 3:00 PM Morning snack & lunch	FRIDAY 08:30 AM – 11:30 AM Morning snack
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### Schedule of your activity

#### MONDAY – THURSDAY

08 :20	Arrival and <i>check-in</i>
08 :30	Word of welcome by a member of the Human Resources department
08 :45	Beginning of the volunteering activity
9 :45 or 10 :00	Breaktime (snacks offered by Moisson Montréal).
10 :00 or 10 :15	Back to the volunteering activity
11 :30 or 12 :15	Lunch break (meal offered by Moisson Montréal)
12 :45 ou 1 :00	Back to the volunteering activity
3 :00	End of the activity

#### FRIDAY

08 :20	Arrival and <i>check-in</i>
08 :30	Word of welcome by a member of the Human Resources department
08 :45	Beginning of the volunteering activity
9 :45 or 10 :00	Breaktime (snacks offered by Moisson Montréal)
10 :00 or 10 :15	Back to the volunteering activity
11 :30	End of the activity

### Types of tasks

Our needs change daily depending on the number of volunteers, donations and requests we receive from the organizations that we serve. Here are some of the tasks performed by our volunteers. Please note that the work is done standing up and sometimes involves lifting more or less heavy boxes or working in cold rooms.



Labelling



Packing boxes



Preparing orders



Food sorting

## Required attire

-  Long pants
-  Short or long-sleeved t-shirt
-  Closed shoes (ideally running shoes) or safety shoes.
-  Shorts
-  Sandals, flip flops, ballerinas, high heel shoes
-  Jewelry and headphones

## Minimum age required

- 12 years old under adult supervision
- 16 years old without adult supervision

## A few rules to follow at the warehouse

- Anyone participating in a volunteering activity must be 12 years of age or over;
- Any groups composed of participants under the age of 16 must respect the ratio of one supervising adult per 10 youths;
- Anyone working in the warehouse must wear the protective steel toe caps provided by Moisson Montréal or their own safety shoes;
- Secure passageways must be respected when in the warehouse;
- Food and beverages are not allowed inside the warehouse;
- Personal effects must be stored in the lockers provided, which will be locked during the activity

## For more information



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