



## Volunteer Dates

Saturday, April 28<sup>th</sup>

Volunteer shift: 9 am to 12 pm

Minimum age requirement is 14.

Tuesday, May 1<sup>st</sup> and Wednesday May 2<sup>nd</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Thursday, May 3<sup>rd</sup>

Volunteer shift: 10 am to 1 pm or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Friday, May 4<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

### Family & Friends Day

Saturday, May 5<sup>th</sup>

Volunteer shift: 9am to 12 pm

Minimum age requirement is 5.

Tuesday, May 8<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Wednesday, May 9<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, 12:30 pm to 3:30 pm, or 2 pm to 5 pm

Minimum age requirement is 14.

Thursday, May 10<sup>th</sup>

Volunteer shift: 10 am to 1 pm or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Friday, May 11<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Saturday, May 12<sup>th</sup>

Volunteer shift: 9 am to 12 pm

Minimum age requirement is 14.

Tuesday, May 15<sup>th</sup> and Wednesday, May 16<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Thursday, May 17<sup>th</sup>

Volunteer shift: 10 am to 1 pm or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Friday, May 18<sup>th</sup>

Volunteer shift: 9 am to 12 pm or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

### **Family & Friends Day**

Saturday, May 19<sup>th</sup>

Volunteer shift: 9am to 12 pm

Minimum age requirement is 5.

Monday, May 21<sup>st</sup> and Tuesday, May 22<sup>nd</sup>

Volunteer shift: 9 am to 12 pm or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Friday, May 25<sup>th</sup>

Volunteer shift: 9 am to 12 pm, 10 am to 1 pm, or 12:30 pm to 3:30 pm

Minimum age requirement is 14.

Saturday, May 26<sup>th</sup>

Volunteer shift: 9 am to 12 pm

Minimum age requirement is 14.

These dates are available on a first come first serve basis and will fill up quickly. Please reverse your date as soon as possible. Once you have selected your group's date(s) and time(s) to volunteer, please email [amartinez@lafoodbank.org](mailto:amartinez@lafoodbank.org) with the following information:

Name of the firm

Date

Time

Group size (rough estimate on the number of volunteers)

After you provide your group's information you'll receive a link and a password for you to share with your team. Each person 14 and over must register with the same link and password. If you are bringing anyone under the 14 on Family & Friends Day, please include their name and age in the comments section. This will help expedite your group's check-in process and keep track of your firm's points.

**\*\*\*\*\*Please disregard the listed age requirement on our automated email confirmation for Family & Friends Day. The minimum age requirement on Family & Friends Day is 5. \*\*\*\*\***

If you have any questions feel free to contact [amartinez@lafoodbank.org](mailto:amartinez@lafoodbank.org) or 323.234.3030 ext. 144.