



Distribution Volunteer

Gain experience in a food bank and use your organisational, communication and practical skills to make a difference helping vulnerable people in Waltham Forest.

About Us:

We are an organisation that endeavours to help feed people in these times of austerity. As the economic situation has deteriorated, we have seen more families that say, "I can either heat and light the house, but can't feed the family too".

Life in this country shouldn't be "Eat or Heat".

What we're looking for:

We are looking for reliable, flexible and confident volunteers over the age of 18 to join our parcelling teams during distribution nights providing clients with basic food & hygiene essentials.

What you'll be doing:

Being part of a distribution team involves assembling food parcels for clients as requested by the team leader, keeping packing areas tidy, sorting shelves to create space, stock new donations on shelves as needed and store surplus donations by type into crates, boxes or bags.

Your skills:

You must have good organisational and time management skills with the ability to adapt to changing stock levels. An ability to lift heavy objects is preferred but not essential.

This role would suit those who enjoy helping people or looking to give back to the local community. You will be based in the food bank in our Walthamstow Branch and will have the chance to learn about the charity and gain insight into food poverty.

Location and Commitment:

We are based in the Walthamstow Quaker Meeting House, just off Hoe Street near Ye Olde Rose and Crown pub and welcome applications from anyone over the age of 18 who is **not currently a food bank client**. We are looking for someone who can initially commit to one hour a week in the evening once per fortnight and for 2 consecutive weeks during induction.

If you are interested, please email volunteer@eatorheat.org or call us on 0800 772 0212 and we will be happy to give you more information on the role.