

The Seva Food Bank welcomes students completing their 40 hours of community service to become a Food Bank Volunteer with us.

The Seva Food Bank provides safe, nutritious and culturally-appropriate food to low-income families living in Mississauga's L5B and L5C postal codes. An initiative of Sikhs Serving Canada, a registered not-for-profit organization, our mission is to positively impact local communities by acting on the basic Sikh tenets of sarbat da bhalla (the well being of all) and seva (selfless service). We welcome volunteers from all communities and cultures.

What you will do:

We are looking for volunteers to perform in several roles, including working in our warehouse and at the front desk during food servings. We are open to the public every Wednesday evening from 6:30 pm - 8:30 pm and on Sundays from 12:00 noon - 2:00 pm and 3:00 pm - 5:00 pm. We also have several committees that volunteers can get involved with, and we are always looking for people with creativity and initiative who would like to help us develop our programs and improve on the services we are providing to residents of Mississauga.

Skills required: Volunteers must come with a positive attitude, a commitment to work and be motivated to help those in need. Some of the work will include lifting boxes, stocking shelves and assembling food orders as well some reception duties. Some basic computer skills would be useful.

Skills you will learn: You will learn about poverty and hunger in Mississauga, as well as start to become familiar with some of the services that are available across Peel Region. You will also gain some useful skills working in a warehouse that can be applied in the workforce.

Length of time required: One 3 hour shift per week until you have completed your 40 hours. For anyone who is not completing their 40 hours, we ask for commitment of one 3 hour shift per month (minimum)

Location: 3413 Wolfedale Rd, Unit 10, Mississauga, ON (Central Parkway and Wolfedale Road)

Contact person: Rohit Mehta, Volunteer Engagement Coordinator 905-361-SEVA (7382) volunteer@sevafoodbank.com

How to get involved/How to apply: Fill out the registration form on our website (www.sevafoodbank.com/volunteer) and sign up to attend a volunteer orientation. Look for us on Facebook for regular updates about our organization.

Best,
Rohit Mehta
Volunteer Engagement Coordinator

Seva Food Bank
905-361-SEVA (7382)
www.sevafoodbank.com