

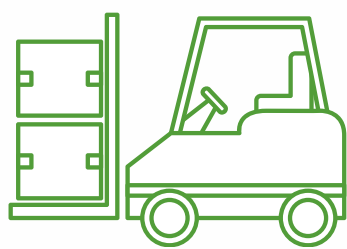
Welcome!

1 What to wear:



1. Volunteers must wear closed toe shoes (no exceptions will be allowed). **Sneakers** are preferred; slippers (uggs included) are not allowed.
2. Dress comfortable, wear light weight clothing and ensure outfits are appropriate and **modest**. **Shorts** should be appropriate length and **shirts** should avoid graphic language or images. Long **hair** should be tied up and out of face.
3. If wearing a jacket or hoody in cold weather, please ensure hoods are off. Hoods can obstruct vision and can be dangerous in the warehouse.
4. The UFBPC has the right to strictly enforce dress codes that are not deemed appropriate.

2 Warehouse Safety:



1. Use correct lifting techniques at all times. Do not attempt to **lift** over 50 pounds without assistance.
2. All volunteers must enter and exit through the double glass front doors and **sign in and out daily**.
3. Only trained Food Bank staff or qualified volunteers are allowed to **operate** forklifts or other power equipment. Be aware of forklift traffic and listen for all horns.
4. Always **watch** your step and watch for pallets and boxes in the warehouse.
5. Always wash your hands before and after handling food.
6. No earbuds or phone usage allowed while working in the warehouse.

4 Location



1. 702 East Alsobrook Street, Plant City, FL 33563.
2. Check in with staff inside through the front double glass doors.



Volunteering Guide:

3 Conduct:



1. **Kindness** and **respect** for all volunteers and staff is a requirement.
2. If a break is needed, please **communicate** your needs with UFBPC staff.
3. If you are unable to attend, please call to cancel.
4. Lockers are available to store personal items.

Questions?

Please call 813-764-0625 ext 5. for questions at or upon arrival. We are looking forward to having you help us make a difference!