

GETTING READY TO VOLUNTEER!

United Food Bank & Services

702 East Alsobrook St.
Plant City, FL 33563

Thank You!

We are so grateful you've chosen to spend your time serving with us. Every volunteer helps us nourish our community and support local families, seniors, and children. This guide will help you feel prepared before you arrive.

WHAT TO WEAR

- Warehouse is not temperature controlled — dress for heat or cooler weather
- Closed-toe shoes required (no Crocs, slippers, Ugg-style footwear, or soft shoes)
- Wear comfortable clothing you can move in
- Shorts must be appropriate length; no offensive language/images on clothing
- Tie back long hair
- If wearing hoodie, keep hoods down while working
- Water is available, and lockers are provided (please bring your own lock).

QUESTIONS OR NEED HELP?

Call 813-764-0625 ext. 5 if you need assistance before or upon arrival.

We can't wait to serve alongside you!

click or scan
for waiver!



WHEN YOU ARRIVE:

- ✓ Please park in the front parking spaces facing Alsobrook St.
- ✓ Enter through the double glass front doors
- ✓ Check in with a staff member and sign in + out at front desk



WAREHOUSE SAFETY

- Complete your volunteer waiver before your first visit
- Lift safely — ask for help with items over 50 lbs
- Forklifts/equipment are for trained staff only — stay alert and listen for horns
- Watch for pallets, boxes, and uneven surfaces
- Wash hands before and after handling food
- No earbuds or excessive phone use
- Kindness and respect for all is required

Snap a few moments and tag @UnitedFoodBankAndServices to share your impact!