

# AGENCY VOLUNTEER REQUEST FORM

DATE(S) VOLUNTEERS NEEDED:

TIME(S) VOLUNTEERS NEEDED/SHIFT TIMES:

TOTAL # VOLUNTEERS  
NEEDED PER SHIFT:

NAME OF VOLUNTEER OPPORTUNITY OR EVENT:

LOCATION OF VOLUNTEER OPPORTUNITY OR EVENT:

AGE RESTRICTIONS:

- ❖ Must be 18 and older: \_\_\_\_\_
- ❖ None: \_\_\_\_\_
- ❖ Other (specify): \_\_\_\_\_

IS THERE A DRESS CODE?

- ❖ NO \_\_\_\_\_
  - ❖ YES \_\_\_\_\_
- If yes, please provide dress code:

ANY PHYSICAL REQUIREMENTS?

(e.g., must be able to lift up to  
25 lbs. or must climb stairs):

VOLUNTEER RESPONSIBILITIES:

WHO WILL INTERESTED VOLUNTEERS CONTACT?

HOW SHOULD INTERESTED VOLUNTEERS CONTACT YOU (EMAIL, PHONE, TEXT)?

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



**Please Return to:**

Nancy Guarino- Volunteer Coordinator  
10 Davids Drive  
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[nguarino@licares.org](mailto:nguarino@licares.org)