



food *for* life



Volunteers Needed

The Canadian Caribbean Association of Halton is proud to work with food distributor Food for Life.

If you are interested, please contact **Andrew Tyrrell** at andrew@ccah.ca

WAREHOUSE PACKING

Location: 2258 Mountainside Drive, Burlington

Day/Time:

Mondays 9:30am-12:30pm
Tuesdays 9:30am - 12:30pm
Tuesdays 1:00-3:30pm
Tuesdays 4:00-6:30pm
Wednesdays 9:30am-12:30pm
Wednesdays 1:00-3:30pm
Thursdays 9:30am-12:30pm

Tasks: Sorting food and packing our fresh food bags which go out into community the following day

Number of Volunteers: 4 volunteers/table; a total of 8 volunteers packing at a given time in the warehouse

SOUP DRIVER—EMPTY BOWLS

Pick up location: Connect Centre 121 Chisolm Drive, Milton OR FFL Warehouse 2258 Mountainside Dr, Burlington

Day/Time:

Sunday Oct 25th 8:00am-12:00pm OR 12:00-3:00pm

KITCHEN

Location: 121 Chisolm Drive, Milton

Day/Time:

Monday 11:00am-3:00pm
Monday 4:00-8:00pm
Tuesday 11:00am-3:00pm
Tuesday 4:00-8:00pm
Wednesday 11:00am-3:00pm

Tasks: Prepare, cook, and package food with Chef Melani

Number of Volunteers: 5 volunteers/shift



Tasks: Deliver about 15 soup kits to households in designated areas in Burlington, Oakville, Milton and Halton Hills

Number of Volunteers: 27 volunteer drivers