



# PREPARING FOR YOUR SHIFT

## Hunger Warriors Volunteering Program

### LOCATION

4544 Eastgate Parkway  
Mississauga ON, L4W 3W6

### PARKING

Please **ONLY** park in front of building 4544. Other buildings may tow at your expense. Carpooling is strongly encouraged.

### WHAT TO WEAR AND BRING

- Please wear comfy clothes suitable for warehouse work such as breathable pants and short sleeves - you'll be working up a sweat!
- Closed-toe and closed-heel shoes are musts (no slippers, Crocs, or sandals).
- Leave valuables at home.
- Bring a reusable water bottle (and a positive attitude!)

### WHEN YOU ARRIVE

- Please arrive 10 minutes before your shift and report to the front desk.
- You will then proceed to the volunteer lounge where you will sign in using the QR code on the bulletin board before starting your shift. This is for health and safety purposes, as well as tracking hours.
- Orientation will follow!

### HEALTH AND SAFETY

- We are a scent-free facility.
- Volunteers are no longer required to show proof of vaccination against COVID-19.
- Masks are optional. PPE will be provided if needed.
- If you are feeling sick, we ask that you stay home.
- If you have any allergies, please inform the onsite Team Lead.

### EXPECTATIONS

- You may be asked to lift up to 20 lbs - you're encouraged to ask for a helping hand as needed.
- We want this experience to be fun and enjoyable! Come ready to work and sort and pack food for your community!