

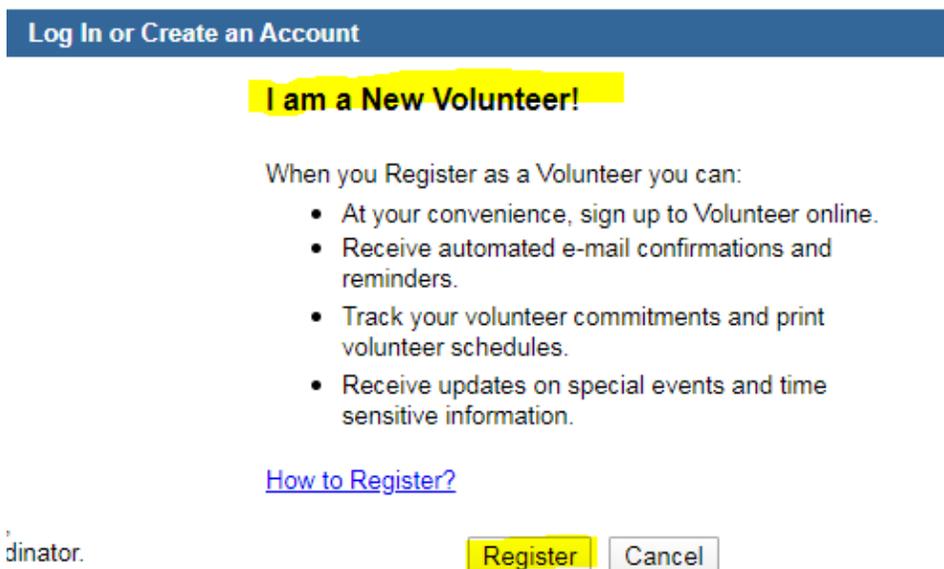
VolunteerUp! Instruction Guide

When you Register as a Volunteer you can:

- At your convenience, sign up to Volunteer online.
- Receive automated e-mail confirmations and reminders.
- Track your volunteer commitments and print volunteer schedules.
- Receive updates on special events and time sensitive information.

How to create an account:

- Visit the Nourish Pierce County [VolunteerUP!](#) website.
- On the left hand side, under **I am a New Volunteer!**, select **Register**.



- Create a **username** and **password**, one that easy for you to remember. This will be the same username and password you will use to log in and out of your volunteer shifts at the food bank.

- Provide an email address that you would like to receive confirmations and schedule notifications at.

Volunteer Profile

Fields below marked with an asterisk (*) are REQUIRED.

User Name*

* Please choose a user name that is a minimum of 4 alphanumeric characters. Letters and numbers only with no embedded spaces. Example: johnsmith123

Password*

* Please choose a password that is a minimum of 4 alphanumeric characters with no embedded spaces. Letters and numbers only with no embedded spaces. Example: johnsmith123

Confirm Password*

* Please retype your password.

Name* First:

Last:

Email Providing an email address is essential if you want to receive sign up confirmations and schedule notifications. If you do not have email, please check "none".

None

It is critical that we have your email address in case you forget your User Name or Password.

- If you are associated with a business, team or community group – please check the box located next to the name of the group/team you are representing. If you are **not** associated with any of the groups or teams listed, please select **NONE**.

Groups/Teams: If you are volunteering as part of a Group or Team, please check all that apply here. This is how the scheduling system knows which works days to display for you. If you are not associated with any Groups or Teams listed here, please check "NONE".

- | | |
|---|--|
| <input type="checkbox"/> Auto Warehousing Company (AWC) | <input type="checkbox"/> Pacific Walk Town Homes |
| <input type="checkbox"/> Bates Tech College (BTC) Volunteers | <input type="checkbox"/> Pierce College (PC) Volunteers |
| <input type="checkbox"/> Bethany | <input type="checkbox"/> PLU Lacrosse |
| <input type="checkbox"/> Bethel High School Students | <input type="checkbox"/> PLU School of Social Work |
| <input type="checkbox"/> Business leadership program U of Puget Sound | <input type="checkbox"/> Redeemer |
| <input type="checkbox"/> Clover Park Tech College (CPTC) Volunteers | <input type="checkbox"/> RSVP - Sr Volunteer Corps |
| <input type="checkbox"/> Columbia Bank Accounting Team | <input type="checkbox"/> SOTA Student Group |
| <input type="checkbox"/> Curtis High School CBL Program | <input type="checkbox"/> South Sound Credit Union - Team build |
| <input type="checkbox"/> First Christian | <input type="checkbox"/> St Marks |
| <input type="checkbox"/> Grainger June 11th Group Project | <input type="checkbox"/> Tacoma Com. College (TCC) Volunteers |
| <input type="checkbox"/> Mary Bridge Legal Team | <input type="checkbox"/> THE LODGE AT MADRONA SUNRISE RIDGE |
| <input type="checkbox"/> Mason | <input type="checkbox"/> TPC-HFH AmeriCorp |
| <input type="checkbox"/> Maternal Child Health Program - tpchd | <input type="checkbox"/> UW Tacoma |
| <input type="checkbox"/> McChord AFB 57WPS | <input type="checkbox"/> Veteran |
| <input type="checkbox"/> Monterra - Goodman Real Estate | <input type="checkbox"/> Zion |
| <input type="checkbox"/> Our Savior Lutheran Church Volunteers | <input type="checkbox"/> NONE |

- Continue down the registration page and fill out any additional required information (birthdate, emergency contact, phone number, etc.)

Gender:

Birth Date*
(mm/dd/yyyy)

Address

City: State: Zip:

Phone Work:
Home:
Cell*: Carrier:
Fax:

Emergency Contact Name*:
Phone*:
Relationship:

Employer:

List any allergies, medications or back problems:

Do we have your approval to run a background check*:

- Please select any applicable skills (Computer, driving, languages, etc.)

Food Banks				
Interested	Some Ability	Skilled	None	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Customer Service
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Computer Skills
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Logistics Skills
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Lift under 20 pounds
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Lift over 20 pounds
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Driving Skills

Language

- After you have completed the following information, select **Register**.

[Register](#)

- Then select **CLICK HERE**.



Volunteer Profile

Registration Complete – Please [Click Here](#) to Sign Up for a Work Day.

[Update](#)

[Return To Calendar](#)

[Return](#)

- Please read the following ‘Broadcast Message’ and select **I have read this message**.



Now that you're officially registered as a volunteer please join us for orientation!

Orientations are required for all new volunteers - they are held four times monthly (except on holidays or if a specific event has been cancelled due to conflict).

Orientation will last about 45 minutes - you'll learn what Nourish Pierce County does for the community, our mission, and how volunteers like you are making a big impact on our community. At orientation we'll match you with a Nourish food bank and schedule your first volunteer shift. We'll cover all the information that you need to know on your first day!

You will be asked to complete an application - this application includes a background check. All volunteers must pass a background check.

If you have any questions, please contact our office at

[I have read this message](#)

[Return](#)

- Congratulations! You have successfully created a Nourish Pierce County volunteer account. It is now time to sign up for a Nourish Pierce County Volunteer Orientation.

How to sign up for Orientation:

- We hold multiple volunteer orientations a month. Please see [orientation cycle](#).
- After you have found a date, time, and location that work for you, sign up for orientation on your VolunteerUP! account.
- Please note that all volunteer shifts will be made available after **successful completion** of orientation.

	NEW VOLUNTEER ORIENTATIONS	FOOD BANKS		
Date	Orientation	Edgewood	Southeast Tacoma	Lakewood
Mon 2/24/2020			Not Available	Not Available
Tue 2/25/2020			Not Available	Not Available
Wed 2/26/2020	Lakes 10:00am (Wed) Lakes		Not Available	Not Available
Thu 2/27/2020			Not Available	Not Available
Fri 2/28/2020			Not Available	Not Available

- To register for an orientation, find the first column and scroll till you find a date and time that works for you to attend.

Project Page 1 of 3						
	NEW VOLUNTEER ORIENTATIONS	FOOD BANKS				
Date	Orientation	Edgewood	Southeast Tacoma	Lakewood	Northwest	Graham SH
Mon 2/24/2020			Not Available	Not Available	Closed Not Available	
Tue 2/25/2020			Not Available	Not Available	Stocking / Prep (T ...	
Wed 2/26/2020	Lakes 10:00am (Wed) Lakes		Not Available	Not Available	All Day Distributi ... Early Distribution ... Late Distribution ... Prep (Wednesdays)	

- Notice at the top of the page, you can skip ahead by weeks/months to see additional orientation availability.



Food Banks for Healthier Futures

[My Info](#) | [Return to Main site](#) | [Waiver](#) | [Vol Handbook](#) | [Facebook](#)

1702 South 72nd St, Suite E
Tacoma, WA 98408
(253) 383-3164

info@nourishpc.org

Volunteer Opportunities

<<< Prev. Month << Prev. Week March 2020 April 2020 May 2020 June 2020 **Next Week>>** **Next Month>>>**

Welcome Salishan Volunteer!

Monday, January 27, 2020

- Select an orientation day, time, and location that will work best for you – then sign/select that shift.

SIGN UP

Salishan Volunteer
Orientation
Wednesday, February 26, 2020

Select Shift(s)		Vols/Guests Needed
<input checked="" type="checkbox"/>	10:00am (Wed) Lakes 10:00 AM to 11:00 AM	15
Shift Totals		15

Group Name (if any):

Email Reminder: ▼

Text Message Reminder: ▼

CellPhone#: Carrier: ▼

Project: Orientation

Short Description: New Volunteer Orientation

Date: Wednesday, February 26, 2020

Project Type: NEW VOLUNTEER ORIENTATIONS

- Read carefully through the instructions, write down the address of the location you chose and select **Sign Up!**

Instructions: It's only because of caring and generous people like you that we're able to serve nutritious food to well over half a million people each year in Pierce County.

We always need more help! Volunteers are needed every day except Sunday. Consider volunteering as a family with friends or colleagues. Need community service hours for school? Volunteer with Nourish Pierce County!

On food distribution days – volunteers may greet and check in clients, accompany clients through the food bank as they shop, restock shelves, help clients load groceries and return shopping carts to the food bank.

On preparation days – volunteers may sort food products, repack bulk foods into smaller portions for distribution, restock shelves and break down boxes. Some volunteers assist with picking up food from local grocery stores and other locations, or receiving food deliveries and unloading delivery trucks.

Youth volunteers give so much to our organization – youth ages 11-13 can volunteer with a parent or guardian, and youth 14+ can volunteer individually.

Sign up for an orientation today and learn about volunteer opportunities and the huge impact you will make in your community.

Orientations are held at multiple locations throughout Pierce County, all orientations cover the same topics, you can go to any orientation to learn about volunteering at any Nourish site.

For questions, please contact:
(253) 383-3164
Email: info@nourishpc.org

Location: **Tuesdays 4:00 pm:** Graham/South Hill location
10425 187th St E, Puyallup, WA 98374 [Map](#)

Wednesdays 10:00 am: Lakes location
6900 Steilacoom Blvd SW, Lakewood, WA 98499 [Map](#)

Saturdays 10:00 am: Edgewood location
3607 122nd Ave E, Ste E, Edgewood, WA 98372 [Map](#)

Tuesdays 10:00 am: Southeast Tacoma Food Bank location
1704 85th St E, Tacoma, WA 98445 [Map](#)

Thursday January 16th 12:30 pm: Mobile Food Bank volunteer orientation Salishan Family Investment Cntr.
Tillicum classroom
1724 E 44th St, Tacoma, WA 98408
[Map](#)

Please Note: This is an example just to show you what registration looks like.

Participants:

[SignUp](#) [Return](#)

- After signing up, you will have the option to print out a copy of your confirmation.

SIGN UP

Salishan Volunteer
Orientation
Wednesday, February 26, 2020

Sign-Up Confirmation

Print copy of confirmation!

Thank you for volunteering with us. We look forward to having you work with our organization. We take your commitment seriously and will be counting on you to show up on time. If you are unable to fulfill your commitment, please use our on-line system to cancel your registration so others will have an opportunity to participate.

You have successfully created a VolunteerUP! account and signed up for a volunteer orientation. Remember to save the date and time in your calendar/phone.

We will see you there!