

# Thank you for wanting to support OzHarvest through volunteering your time!

OzHarvest has been blessed by the involvement of many hundreds of dedicated volunteers, who have shared their skills, time, energy, ideas, muscles, brainpower, hearts and so much more.

In the most practical sense, volunteer support means that we can continue to minimise our costs, be more efficient and effective and be inspired by a diverse organisational culture. Crucially however, the very existence of many of our programs and services depend on the vital contributions of our volunteers and we would simply not be able to operate without the dedication of these special people.

## Volunteer Roles

OzHarvest offers a range of short and long-term individual and corporate volunteer opportunities including:

- **Fundraising and awareness-raising at market and expo stalls**  
Raising awareness for OzHarvest and collecting donations through talking to the public about the work we do in food rescue. (mostly weekends)
- **Supporting Office and administrative staff**  
Including answering phones, marketing, mailings, accounts, data entry and more. (business hours)
- **Driving an OzHarvest van to collect and deliver donated food** (not available in all States)  
Although OzHarvest employs full time and casual drivers, volunteer opportunities exist for smaller food pickups after hours (Mon-Sun). Potential volunteer drivers must be able to drive a manual van, be over 25 years old and have an unblemished driving record. (various days/times).
- **Riding in the OzHarvest Vans** (not available in all States)  
To assist professional drivers with food collection and delivery.
- **Washing OzHarvest Food Containers**  
Help by washing containers used to transport food. This is done either on-site or at one of our recipient charities using their industrial dishwashers. (business hours).
- **FEAST volunteers**  
FEAST (Food Education and Sustainability Training) is a year 5 and 6 curriculum aligned education program from OzHarvest, inspiring kids to eat healthy, waste less and be change makers in their local community. Like any good FEAST, it's designed to be fun, engaging and filled with good food! The FEAST program runs for 7-10 weeks and is aligned to the Australian Curriculum STEM Learning Areas. Students are tasked with the opportunity to explore and design new recipes that use food that might otherwise go to waste and then explain how the recipe addresses food waste and healthy eating. Students will design, make and launch a 'School Cookbook' to educate their community.  
Working together with teachers and the school community creates the foundations of the FEAST program. Volunteers work together with the teaching staff to assist in the practical cooking component of the program in the classroom setting.
- **Assisting with various adhoc activities**  
Includes packing hampers, one-off food collections from special events, putting together goody bags for events, stuffing envelopes for our annual appeal letter and many, many more! (various days/times)
- **Special events**  
Several events arise throughout the year where we need extra sets of hands onboard, like our [CEO CookOff™](#) or supporting the [Fight Food Waste](#) movement.

### OzHarvest Sydney (Head Office)

G3/G4, 46-62 Maddox St, Alexandria, NSW 2015

Postal Address: PO Box 7257, Alexandria, NSW 2015

Phone: 1800 108 006

Email: [info@ozharvest.org](mailto:info@ozharvest.org)

Web: [www.ozharvest.org](http://www.ozharvest.org)



- **NEST volunteers**

The NEST program, based on the Australian Guide to Healthy Eating and developed by OzHarvest, teaches people in need across Australia the skills and knowledge to nurture themselves through healthier eating choices, nutritional education and food preparation. NEST comprises seven modules which can be delivered on-site, combines both educational content and cooking skills as well as sharing a meal on completion of the workshop.

Volunteers are utilised to work together with an OzHarvest staff member to run these cooking workshops on-site at various charities around Sydney.

- **Cooking For A Cause**

Cooking For A Cause is our key corporate engagement program. We run fun and interactive cooking workshops in commercial kitchens for corporate teams, with a focus on educating them about the work we do in food rescue and the issues of food waste and insecurity.

Volunteers assist our professional chef in leading these cooking activities and working with participants in the preparation of meals.

## **Benefits of Volunteering with OzHarvest**

By volunteering with OzHarvest it is hoped that you will not only learn new skills and meet new people, but also gain a valuable insight into food waste, food insecurity and ultimately, share in the generosity and humanity of those within the unique OzHarvest community.

Other benefits include:

- Actively make a social and environmental impact and a difference to the lives of those in need
- Gain an understanding of the various organisations that work with the needy
- Gain an understanding of the challenges people face that may cause them to rely on food assistance
- Gain transferable skills, training and development
- Build great connections and friendships through interaction with OzHarvest staff, corporate volunteers, food donors and recipient charities
- On occasion, receive tickets and exposure to unique events run by OzHarvest, our partners and ambassadors
- Receive regular email correspondence on OzHarvest activities and opportunities to volunteer
- Receive a reference and copy of the Police Check for your resume
- Share your experiences, skills and motivations to inspire others into action!

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## Frequently Asked Questions

*Why do I need to attend an information/induction session and meet the OzHarvest team when I'm volunteering my time?*

The information session is your opportunity to learn in more detail about the work we do, and the various volunteer roles available. This information will receive the foundation of your knowledge for future volunteering with OzHarvest.

We also feel it is important to meet all of our volunteers, both so we can get to know you, and to ensure that the volunteers we recruit have the appropriate skills and attitude reflective of our organisation. This is also a great opportunity for you to get to know us and ask questions!

*If I am successful in becoming a volunteer, what else will I need to do?*

All volunteers must complete Manual Handling training which is provided free of charge. Manual handling training is mandatory for all volunteers and is conducted in your own time online. Safe Food Handling knowledge is mandatory for all volunteers and our guidelines are covered in detail in the Induction Manual which all volunteers will receive.

*Will it cost me anything?*

We kindly ask for:

- Volunteers to provide their own police check, at their own cost (OzHarvest has partnered with 'Intercheck Australia' for volunteers to obtain their checks for a discounted price of \$19.95 (incl GST), though volunteers are welcome to obtain their check through any means they prefer)
- Volunteers that hold existing police checks issued within the past 12 months can submit this and may not be required to obtain a new check.
- \$20 administration contribution to OzHarvest for all volunteers to cover our costs in providing volunteers with the required uniform and volunteer insurance.

*Do I need to wear a uniform?*

All volunteers (except those working in the office) are required to wear an OzHarvest T-shirt and closed toed shoes. The cost for the T-Shirt is included in the above administration fee.

*Will reference and other checks be done on me?*

Yes. OzHarvest offers a variety of volunteer opportunities and volunteers must undergo a reference check, consent to a Police and Criminal History Check and a Working With Children Check as stipulated. The Volunteer Coordinator will conduct and/or oversee this process. Once complete, volunteers will receive a copy of the report, which may be helpful for future use. Any adverse outcomes revealed in this check will be discussed with volunteers as they arise and may impact on a volunteer's suitability for volunteering.

*How much and how often can I volunteer?*

OzHarvest utilises the invaluable time, skills and experience of many of volunteers every day. We send email requests for volunteer assistance on a weekly basis. This allows our volunteers to participate as often or as little as they wish. As a guide, many of our volunteers tend to do so once or twice a week, or others just once a month or so, to fit with their schedules.

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