



Volunteer Frequently Asked Questions

What type of volunteer opportunities do you have?

- **Delivery Driving:** Deliver bags of food to children's homes on Tuesday, Wednesday, or Thursday afternoons. Sign up for a route based on your preferred location. Contactless delivery, just drop the bags and go!
- **Bagging & Sorting:** Work in TABLE's office to sort and/or bag non-perishables or fresh food to go home to kids that week. Non-perishable shifts are in the evenings, fresh food in the afternoon!
- **Pick Up & Drop Off:** TABLE needs volunteers who can pick up various items from TABLE or drop them off at our office. You might choose to pick up freshly picked produce, recycling, groceries and more!
- **TABLE has lots of other opportunities to offer such as:**
 - Internships
 - Kids' shifts
 - Specialty bagging
 - Groups
 - Shift leading

What is your greatest volunteer need?

Generally our greatest need is volunteer delivery drivers. Volunteers will sign up for the route and time they choose via our website and then will come to TABLE at the pre-assigned time. We'll help you load up your car and give you some instructions and a list of addresses. You just plug those in to your GPS and drop the listed number of bags at the door of each home. If you have flexibility in your day and are willing to be a backup or on-call driver for us to reach out to in a pinch, [let us know](#) and we'll add your name to the list!

I am a current volunteer, how do I log into my profile?

Each volunteer has a unique link to access their profile. Check for a recent email from 'TABLE Volunteers' and you should see a button at the bottom with a link to your profile. Go ahead and bookmark it for future easy access!

Logging into your profile will show you your history of volunteering, any shifts you're currently signed up for and includes a link to sign up for more shifts.

How do I sign up for shifts?

Once you have [registered as a volunteer](#), you will get an email with a link to your personal sign up page. If you've already registered and didn't get the link or can no longer locate it, a button to the link can be found at the bottom of any email you've received from TABLE Volunteers. You can also email volunteers@tablenc.org and we can send you a link.

If I sign up to volunteer, what is my commitment?

There is no long term commitment when volunteering at TABLE. Feel free to attend one shift to

try it out and if it's not a great fit, you are not under any obligation to return. (But we hope you do!)

I signed up for a volunteer shift, what can I expect when I arrive?

Thanks for volunteering! When you arrive at TABLE, come on in and let someone know it's your first time volunteering. We'll help you get signed in or you can sign in before you arrive using the reminder email you received. We'll introduce you to the shift leader and they'll give you instructions and get you started.

Why do I need to sign in for my shift? Sometimes I have trouble getting it to work.

TABLE keeps up with the number of hours our volunteers work for a few reasons, some involve budgets and funding but also to show appreciation to our volunteers for the many hours they put in at TABLE. We recognize that the current sign in process can be a little cumbersome at times and we hope to have a solution in the future. The easiest process is to use the email that will land in your inbox about 15 minutes before the start of your shift. You can also sign in after your shift but it won't allow you to sign in after midnight the day of your shift. If you're having problems signing in, see a staff member and we're happy to help!

Where do I park when I volunteer at TABLE?

We do have limited parking behind our building in the gravel lot at the end of the Wings Restaurant. If you're volunteering for one of our 12pm bagging shifts, the lot may be full and you may need to park in one of the nearby municipal lots. We recommend the parking deck across the street. If you're a delivery driver, please pull in back to the gravel lot and we'll help you get loaded up.

How do I know what to do at the shift? Is there a training?

Before you register as a volunteer, you'll go through this brief [online training](#). Feel free to sign up for whatever shift you feel comfortable trying out. When you arrive, you'll be greeted by a shift leader who will show you the specifics you need to know for that shift and answer any questions you may have.

Can my 14 year old work a shift without me?

Yes! Anyone, age 14 and up, is welcome to work any of our shifts. Kids under this age are welcome to come with an adult, please just sign up as 1 volunteer and you can work together.

This does not apply to the kids shift where you would sign up the whole family! (I.e. if you are bringing 3 family members, you would sign up for "3" even if some are under age 14!)

I need to cancel a shift that I have signed up for, how do I do that?

We understand that things come up but our shifts are designed for each person to have a role so if you can't make it, we have to find someone else to step in. If it's 2 days or more before the shift, feel free to log into your profile and cancel there. If it's within 24 hours please log in to cancel your shift AND call or text 919-636-4860 and let us know. In addition please try to find a substitute volunteer to send in your place.

*If you need to cancel your group shift, please email volunteers@tablenc.org. We may also request that you cancel your group shift if you expect to have 3 or fewer people attend.

How long does a delivery route usually take?

Although they vary, most drivers can complete the entire route, including the time at TABLE loading your car, in under 2 hours. If you do the same route at a later date, you'll find it's even quicker because the first time generally takes the longest.

Do you reimburse for gas?

Coming soon! If you volunteer more than 3 times per month, you'll be eligible for gas reimbursement. Stay tuned to the weekly volunteer newsletter for updates as we unroll this plan.

What are your most needed opportunities for groups?

- **Hosting A Food Drive:** If you're interested in hosting a food drive to benefit TABLE, [here is a list of our most needed food items](#). After the drive, we could plan a time for your group to bring in & shelve the donations you collect if that would be of interest. Email volunteers@tablenc.org to let us know if and when you're planning a food drive.
- **Off Site Bagging Shifts:** The most flexible option! For an off-site bagging event, your group would collect items either through a food drive or by purchasing them. On the date of your choosing you would get together at your own location and make up non perishable bags based on a menu that we would provide. We are happy to have non-perishable bags in stock year-round, but we are especially in need of pre-made bags close to Thanksgiving & Christmas. Contact volunteers@tablenc.org for instructions if your group or family would like to do this.
- **Farm Work:** We have a partnership with Wildflower Lane Farm in Efland. They grow produce exclusively for TABLE & in return we send volunteers to help with tasks like weeding, planting & harvesting. Wildflower Lane is about a 20-minute drive from the TABLE office. If you're interested in this option, we can put you in contact with the farmer. His needs in terms of volunteer numbers vary depending on the time of year & where he is in the growing season.
- **Delivery Takeover:** We deliver bags of food door-to-door to families on our roster each week on Tuesdays, Wednesdays & Thursdays. Volunteers go in pairs to deliver to a specified route, leaving bags of food at the doorstep. We can take drivers and helpers for up to 16 routes per day. This shift would be from about 1:15 pm until the delivery routes are finished which is usually about 2 hours. This is a regular shift that we offer to the community so please [let us know](#) as soon as possible if you would like to move forward so we can block it off for your group.

I would like to schedule a group shift for a large group. What are my options?

We do have a limited number of group shifts in our office but they tend to book out months in advance. We can accommodate 10-15 people in these shifts and you can [check here](#) for availability. If your group is willing to separate into smaller groups of 2-3 people, we may be able to find opportunities for them more easily. For other group options, see the previous question/answer.

Do you have any internship opportunities?

Yes! TABLE has fall, spring and summer internships. Interns will get to know the inner workings of a non-profit organization and get hands-on and leadership experience. Fall and spring interns should plan to work about 8 hours in the office and summer interns should plan to work about 20 hours. Internships are unpaid. For more info or to apply, send a resume and cover letter to volunteers@tablenc.org.

I have court-appointed or school service hours, can you help me report those hours?

Absolutely! Just let us know what you need. We can send you a letter on TABLE letterhead, sign a form or just confirm the hours worked. Email volunteers@tablenc.org to get started. Please allow at least 48 business hours turnaround time for any letter we generate.

Why are you asking me for a background check?

We ask all of our shift leaders and delivery drivers to have background checks done every 2 years. This is to ensure the safety of our volunteers and families! After your 3rd delivery shift, you'll be prompted via email to confirm with us that you are willing to have the check performed and once we get that confirmation, you'll receive an email directly from the background check company. You won't need to share any personal or private information with TABLE.