

## Your Rights and Responsibilities

### Rights:

- To receive recognition for a job well done.
- To volunteer in a safe environment.
- To know how your task helps in the struggle against hunger.
- To discover all you wish to know about the food bank, its programs, and hunger in our area.

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**Please call to schedule your visits at least a week in advance! THANKS**

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### Responsibilities:

- To be on time, and stay for the duration of the project.
- To perform the job as described.
- To enjoy your time with us.
- To learn something about how you can join the struggle against hunger.
- To call when you need to reschedule time or to cancel your visit.

## Basic Rules of Volunteering:

- We work with volunteers as young as 12 years.
- Every volunteer under 16 years old must have a chaperone present.  
(One adult for every 8 children)
- Please leave open-toed shoes at home!
- Temperatures inside the warehouse strongly correlate to outside conditions.
- Dress in your old favorites - jeans are great!

Volunteers are needed during the business day (9 AM-3 PM) & after-hours. **"After hours" is the 2nd Saturday 9 AM-Noon, & the 3rd Wednesday from 5:30 PM-8 PM (every month.)** Please call a week in advance to schedule with Barbara Craig, volunteer coordinator. (410) 947-0404



Still Life Fish by Phyllis Saroff  
for the Maryland Food Bank  
Courtesy of T. Rowe Price Associates Foundation

## Maryland Food Bank

241 N. Franklintown Road  
Baltimore, MD 21223  
[www.mdfoodbank.org](http://www.mdfoodbank.org)

Phone: 410-947-0404

Fax: 410-947-1853

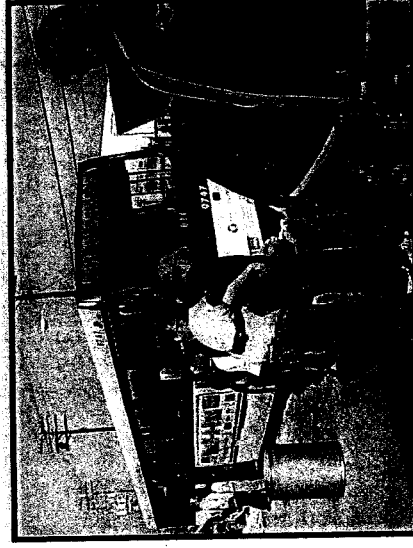
Email: [craig@mdfoodbank.org](mailto:craig@mdfoodbank.org)



*Providing food for Hungry Marylanders*

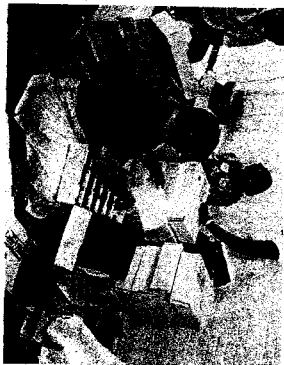


**VOLUNTEERS  
MAKE A DIFFERENCE**



**JOIN US!**

**V O L U N T E E R S**



# Maryland Food Bank

Providing Food for Hungry Marylanders  
Main Programs How to Help Providers Publications Links



## About The Maryland Food Bank

As long as hunger exists in Maryland, the Maryland Food Bank will strive to supply necessary grocery products to charitable food providers so that these organizations can feed every individual and family in need.

The Maryland Food Bank will accomplish this by gathering excess donated food and products from the food industry and the general public and by distributing these products to community food providers.

Volunteers help the Maryland Food Bank achieve its mission by providing support in our warehouse and office, and for special events.

### Directions:

#### USING I-95 AND I-395:

Take I-395 towards Baltimore; at split keep right onto Martin Luther King Boulevard. You will be traveling North. Pass the U of MD Hospital complex on the right. Continue until you see underpass. Turn left after underpass onto Route 40 West. (Get on the highway you just passed under). Drive 1-3/4 miles. Turn left onto Franklinton Road at 7-11 on corner.

**USING I-83 SOUTH:** Take North Avenue exit. Stay in middle lane. Go straight, crossing North Ave. onto Mt. Royal Ave. Pass MD Institute of Art (white marble on right), B&O train station & Meyerhoff Concert Hall, all on right. Bear right, bringing you to Martin Luther King Blvd. Make a right turn onto MLK & continue to Re. 40 West - Franklin St. (To get onto Re. 40 W., you must stay in right lane after crossing Pennsylvania Ave., bearing way off to right.) Drive 1.75 miles from Martin Luther King, through old neighborhood. At 7-11 on left (Franklinton Road), turn left. Food bank is 1-1/2 blocks down. Park on right.

### Volunteer Opportunities

Volunteer in different ways:



Volunteers sorting donated food product.

- sorting
- labeling
- salvage rescue

### Volunteer Opportunities

Volunteer in different ways:



Volunteers filing in the Accounting office.

- direct mailings
- filing
- data entry

### Volunteer Opportunities

Volunteer in different ways:



Fresh cucumbers

- cutting
- field gleanings
- food recovery

### Volunteer Opportunities

Volunteer in different ways:



Volunteers unloading Staff-A-Bus Donations

- promotions
- phone-a-thons
- food drives