

**Volunteer Opportunity: Mobile Food Pantry**

Help Food Lifeline fight hunger with our new Healthcare Initiative! We deliver nutritious foods to folks with diabetes by placing a mobile food pantry right outside their healthcare clinic.

**Join us at this special volunteer opportunity!**

**Who?** Volunteer as an individual, or bring your friends!

**Where?** Sea Mar Seattle Medical: 8720 14th Ave. S Seattle, WA 98108

**When?** Every 4th Friday from 11am-1:30pm.

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| * Friday, March 30th
* Friday, April 27th
* Friday, May 25th
* Friday, June 22nd
* June, July 27th
 | * Friday, August 24th
* Friday, September 28thth
* Friday, October 26th
* Friday, November 23rd
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**Volunteer Duties Include:**

* Setting up tents and tables, and filling them with food to be distributed
* Helping patients fill their bags
* Assisting those who need help carrying their bags to their vehicles
* Breaking down tents and tables and cleaning up the site

**Volunteer Expectations:**

* All volunteers must be at least 18 years of age.
* Volunteers will be on their feet; comfortable, close-toed shoes are required.
* The distribution is in a non-covered outdoor space; please dress for the weather.
* Most volunteers will need to be able to lift between 25 and 40 pounds.
* We are looking for volunteers with great customer service skills. *Spanish speakers encouraged!*

**To apply for this special volunteer opportunity, please contact, Sea Mar’s Health Educators: 206.764.8086**