



**CAPITAL AREA
FOOD BANK
OF TEXAS**

Volunteer Resources

Volunteer Rules

- Please wear sneakers, tennis shoes, or work boots. Open-toed shoes (sandals and flip-flops) or shoes with heels are not permitted in the warehouse.
- All volunteers must wear CAFB name badges on their shirts, printed clearly so names can be seen.
- Please dress comfortably. Appropriate attire required (shirts with sleeves).
- Please leave personal belongings such as cell phones, personal music players, and purses in your car. Cell phone and personal music player use is not permitted in the warehouse.
- Food or drink is not allowed in the warehouse. Please do not eat or take Food Bank food.
- Only CAFB approved forklift operators are allowed to use power equipment. Always be aware of forklifts operating around you.
- Stay in your designated project location. Do not walk through the warehouse unless operating pallet jacks. Use the white safety walk zones along the warehouse walls.
- Please do not ride on pallet jacks.
- Please do not stand wooden pallets on end; lay them flat on the floor.
- No horseplay, including running, wrestling, jumping, throwing food or other activities that deviate from the volunteer tasks at hand, distract others or cause potential harm.
- Keep your work area clean. If you make a mess, please clean it up.
- If you can't lift something, please don't. Get help.
- All volunteers must be at least 8 years old to volunteer.
- Children 18 and under must be accompanied by their supervising adult at all times. Children under 16 are not permitted to work on the conveyor belt in the food sorting area.
- Youth groups: there must be one person over 21 for every five people under 18.
- Failure to comply with these rules may result in immediate termination.

Thank you for volunteering with the Capital Area Food Bank.