



**The Commons Center for Food Security and Sustainability and all Affiliated Programs  
Volunteer Information: Please print**

Date: \_\_\_\_\_

Last name: \_\_\_\_\_ First name : \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Apt/lot: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred contact method: Text   Email   Other: \_\_\_\_\_

Choose volunteer interests: Check all that apply

- Food Pantry distribution
- Food Pantry support
- Garden
- Facility upkeep
- Office help
- Special events and projects
- Youth programs
- Community outreach
- Board positions
- Fundraising

How many hours per week or month are you interested in volunteering? \_\_\_\_\_

Do you have any special skills, interests or experience you would like to share? \_\_\_\_\_

\_\_\_\_\_

Do you have any limitations to your participation that you would like to share? \_\_\_\_\_

\_\_\_\_\_

Would you like to be included on our newsletter list? Yes No   Our weekly volunteer update? Yes No

How did you hear about The Commons? \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff initials \_\_\_\_\_, Intake : \_\_\_\_\_

Referral/Notes: