



Volunteer FAQs

What should I wear and bring?

Volunteers must wear closed-toed and closed-heeled shoes for safety purposes (no high heels, Crocs, slippers, or sandals). Additionally, you'll likely be working up a sweat (from all the great work you're doing!), so please wear comfortable clothing suitable for warehouse work such as breathable pants and short sleeves. We highly recommend you bring a reusable water bottle and try to leave personal valuable items at home or in your vehicle.

How many shifts can I sign up for?

You can sign up for a maximum of two shifts per week, but most shifts fill up extremely quickly. We suggest regularly checking the Opportunity List on your [My Impact profile](#) for new shifts posted twice a month.

Can I leave early or show up later?

Volunteers need to start and end at the assigned time for their shifts. There is an important safety orientation to kick off each shift and ensure all volunteers can complete their work safely and efficiently. You may be granted variable hours if discussed and approved ahead of time by the Food Banks Mississauga team.

Why has my shift been cancelled?

Our food sorting shifts depend on available food donations to sort. There may also be times when things out of our control happen and impact your shift. However, we will always communicate any cancellations and give you as much advanced notice as possible.

I can no longer attend my shift, what should I do?

If you are an individual volunteer, please use your *My Impact* account to cancel your shift. If you need to cancel the day of, please email Meg Musy, Volunteer Programs Specialist, at mmusy@foodbanksmississauga.ca.