



# Volunteer Interest Sheet

Date \_\_\_\_\_

### Contact Information

Name \_\_\_\_\_  
Age (Optional) \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_

Physical Lifting Limitations	
10-20 lbs _____	20-30 lbs _____
30-40 lbs _____	

Address _____	County _____
City _____	State _____ Zip _____

Do you have a job? Yes \_\_\_ No \_\_\_ How Many Hours? \_\_\_\_\_

<b>What kind of work have you done in the past?</b>

<b>Special Skills, Talents, and/or Abilities</b>

### Volunteer Positions

Accounts Payable _____	Electrical _____	Office Skills _____
Accounts Receivable _____	Forklift Driver _____	Plumbing _____
Adoptee Coordinator _____	Freezer/Cooler Clerk _____	Public Relations _____
Box Filler _____	Fundraising _____	Receiver Clerk _____
Cook _____	Gardening _____	Receptionist _____
Data _____	IT Skills _____	Resource Center _____
Distribution Clerk _____	Maintenance _____	Team Load Hauler _____
Donors _____	Meat Clerk _____	Volunteer Coordinator _____
Driver (CDL not Required) _____	Member at large assistant _____	

Can you regularly Volunteer? Yes \_\_\_ No \_\_\_  
What days of the week can you volunteer? Mon \_\_\_ Tue \_\_\_ Wed \_\_\_ Thur \_\_\_ Fri \_\_\_  
How did you hear about us? \_\_\_\_\_