

# Volunteer FAQ Chula Vista

## **When**

Every Friday from 8:15-9:30AM

## **Where**

Community Through Hope  
465 C St, Chula Vista, CA 91910

## **Why**

There are 4,000+ unsheltered homeless individuals on the streets with scarce access to food and water. This initiative provides food and water to outreach workers who distribute it to unsheltered individuals to provide nourishment and water and to ultimately help end their homelessness.

## **What you will be doing & how you can help**

Help sort and load boxes into a “pick-up ready” configuration and then load meals into service providers' vehicles. You can be helpful by taking the direction of a team member and stacking and moving boxes carefully and efficiently. Expect some physical labor. Volunteers typically spend their time moving boxes that weigh about 20 lbs at distances of 5-20 feet (between the pallets and the vehicles). Also don't forget to have some fun and remember why we're out here: to help those who are down on their luck.

## **Age and Waiver Requirements:**

All volunteers will be asked to sign a waiver of liability. Volunteers must be at least 10 years old. Volunteers younger than 16 must be accompanied by a parent/guardian.

## **What to wear**

Always check the weather forecast, but know that it does get hot at the distribution site, especially given the physical nature of the work. Shoes that you feel comfortable moving boxes for an hour in are a must. Boots and sneakers are good choices.

## **How to avoid injury while lifting boxes**

Poor lifting form will lead to injury and pain. You should only bend with your knees and hips, keep your back straight, and keep your shoulders back. Slowly lift by straightening your hips and knees (not your back). Hold the box as close to your body as possible. Set the box down by bending your knees and hips only (it is very easy to get in the habit of setting boxes down in cars by bending your back).

## **Who to contact with questions**

Will Shea at [willard92@icloud.com](mailto:willard92@icloud.com)