

Food bank volunteering

A guide for corporate partners



Welcome

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We are extremely grateful for colleagues from across our corporate partners who've volunteered at their local Trussell food bank.

In total, over 1,000 volunteers from our corporate partners have supported their local food bank through our volunteering programme since January 2023.

I'd like to thank them for offering their time, skills and support to local communities throughout the UK – to help ensure we can keep providing vital services to people facing hardship.'

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Zoe Pate,
Head of Corporate Partnerships, Trussell



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Introduction to food bank volunteering

Thank you for choosing volunteering with your local Trussell food bank!

At Trussell, we support a community of 1,400 food banks across the UK. Each of our food banks is an independent charity, but we're united in our vision to end the need for food banks in the UK, as we don't think it's right that anybody should be unable to afford life's essentials.

1,400

Food banks across the UK to choose from

What does a typical volunteering session look like?

Volunteering at your local food bank will give you an in-depth insight to everything that goes into the day-to-day running of a food bank, and we aim to bring our work to life for your volunteers. Some examples of what your volunteering day might involve include:

- Sorting food donations in the warehouse.
- Weighing food donations.
- Date checking food donations.
- Packing three-day emergency food parcels.
- Recycling packaging.
- Supporting in a community kitchen or garden.



How food bank volunteering works

Where can my team volunteer?

Trussell supports food banks across the UK, so there are volunteering opportunities in food banks across the four nations. However, food banks in urban areas are more likely to have the capacity to host larger groups of volunteers.

When you apply to volunteer, please specify your location, so we can best match you with your local food bank. Please note, in some cases you may have to travel a short distance for your volunteering day.

To find your closest food bank, please use our [find a food bank tool](#).

When can my team volunteer?

When applying for a team volunteering day, we ask that you give us at least six weeks' notice, so we have adequate time to arrange your volunteering day.

When applying to volunteer, please try to be as flexible with dates as possible, as this makes it much easier to match you with a food bank in your local area.

How long will the volunteering session be?

Each food bank has different opening hours, depending on the needs of its local community. Some food banks are open from 9-5 every day, and some may only open a few days a week, depending on need and volunteer availability.

Therefore, when submitting a request to volunteer, it's important that you are flexible with timings so that we can match you with a local food bank.

How many people can volunteer in one session?

Each food bank in the Trussell community is an independent charity. While some food banks can host large groups of volunteers, others may have smaller premises, and therefore may not be able to accommodate volunteering sessions.

Most food banks can host a maximum of 10 volunteers per session. However, please be flexible and willing to split into smaller groups if necessary.

Cancellations policy

If you need to cancel your volunteering day, please let us know at least two weeks in advance. When food banks host volunteering days, they must stand down their regular volunteers – so if

you leave it any later to cancel, then the food bank may find itself understaffed.

If you do need to cancel with less than two weeks' notice, we ask that you make a £250 donation to the food bank to compensate for any disruption caused.

Accessibility

Please let us know in advance of your volunteering session if anyone in your team has any accessibility requirements, as we will always try our hardest to accommodate them with suitable tasks.

Summary

If your team would like to volunteer with Trussell, please let us know the following:

- Where your team are based and how far you're willing to travel for your volunteering day.
- How many people are in your team.
- Which dates work for your team.
- Which times work for your team.
- If anyone in your team has any accessibility requirements.

Other ways to support your local food bank

Over the past five years, the number of emergency food parcels provided by our community of food banks has increased by 94%. Food banks are facing increasing pressure, spending more money on food, warehousing, storage and personnel to keep their doors open. Food banks need your support more than ever – and there are many more ways that you can help:

Run a food drive in the office:

Running a food drive in your office is a wonderful way to support your local food bank ahead of your volunteering day. The food your team donates will go directly to people and families facing hardship in your local community and can also bring to life your volunteering experience.

For tips on running a food drive, please see our [online guide](#).

Frequently asked questions

What should I wear?

Please dress appropriately for your volunteering session. It can get cold in the warehouse, so dress in warm clothing and bring extra layers if needed.

Please do not wear open-toe or uncomfortable shoes to your volunteering session.

When will I receive confirmation of my volunteering day?

You'll receive an event plan at least two weeks prior to your volunteering session. This will contain all the information you need, including the food bank address and travel details.

Health and safety

Upon arrival at the food bank, you'll receive a full health and safety briefing. However, if you need a copy of our full risk assessment, please contact cpvolunteering@trussell.org.uk

Photography and filming

If you film inside the food bank or take photos that you'd like to use externally, please make sure you ask any volunteers or staff featured in the images to fill out our [consent form](#).



Next steps on your volunteering journey.

Please submit your volunteering request using our [online form](#)

We appreciate your feedback, so please use our [online form](#) to let us know how your volunteering experience went.

If you'd like to support Trussell further as a team, please visit our [corporate fundraising and volunteering page](#).

If you'd like to support Trussell as an individual, please see our information on becoming a regular supporter.



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Volunteering was **a real eye opener** into how a food bank works and **how big the operation is** – in terms of the site size, but also the area it covers.

The food bank manager was super-nice and welcoming and helpful.

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Corporate volunteer

trussell.org.uk     TrussellUK

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