

# VOLUNTEER OPPORTUNITY

(Updated: 8/5/25)

**Agency Name:** North Helpline

**Position Title:** Volunteer

**Company/Organization Description:** North Helpline is a non-profit organization that works to alleviate hunger and crisis in our community by providing basic human resources such as nutritious food, hygiene items, baby supplies, financial support to avoid eviction or utility shut-off, and other services. North Helpline was founded in 1989 by a group of citizens concerned about the welfare of their neighbors. North Helpline now serves over 3,000 unduplicated households each year and distributes over one million pounds of food through the food bank. Since its inception, it has been their mission to help ensure everyone has food on their table and a roof over their head. We strive to deliver our services to those in need with both dignity and respect.

**Position Descriptions:** A variety of tasks that include: Food distribution client check-in, assisting clients with the transportation of their groceries to their cars by carts, restocking food crates on the distribution line, sorting food donations, helping in the baby cupboard area, and assisting with administrative tasks as needed. Volunteers will learn about the great needs of social service programs in their community and how their work directly impacts the lives of families, veterans, seniors, and many other individuals in need within the community.

## **Qualifications:**

Willingness to learn, an open mind and ability to work in a fast-paced environment. Some volunteer position will require the ability to lift more than 20 pounds. However, we do work with volunteers with physical limitations to find a position that works for them.

## **Days/Hours:**

- Tuesday: 9am-1pm sorting; 9:30am-1:30pm home delivery box packing; 10 AM - 1 PM warehouse help
- Wednesday: 8:30-11:15am & 11am-2:30pm distribution; 9am-1pm sorting
- Thursday: 9am-1pm sorting; 9:30am-1:30pm home delivery box packing, 10 AM - 1 PM warehouse help, 3:30-7:30pm distribution
- Thursday-Bitter Lake: 10am – 2pm sorting
- Friday: 9am – 1pm sorting and freight
- Saturday: 8:30-11:15am & 11am-2:30pm distribution; 9am-1pm sorting
- Saturday-Bitter Lake: 8:30-11:15am & 11am-2:30pm distribution

Minimum time requirement: Must work full shifts (3-4 hours) - - up to four shifts per week.

## **Address:**

Primary address: 12736 33<sup>rd</sup> Avenue NE, Seattle, WA 98125

Bitter Lake: 13000 Linden Avenue North

**Contact Person:** Food Access Manager, Claire Schwochow

**E-mail Address:** [volunteers@northhelpline.org](mailto:volunteers@northhelpline.org)

**Phone:** (206) 413-8271

**Front Desk Phone:** (206) 367-3477

**Web Address:** <https://www.northhelpline.org>

**Application Instructions:** Volunteer Application on Website. Please apply before volunteering. **Note:** Please select the "Standard Volunteer Track" to complete. Please do not show up for shifts unless you have signed up.