

Volunteer Job Position

**Lawrence Heights Site
Approximately 3 Hours Every Two Weeks**

Unison Health and Community Services is a non-profit, community-based organization that serves neighbourhoods in North West Toronto. Operating out of five locations, Unison offers core services that include primary health care, counselling, health promotion, Early Years programs, legal services, harm reduction programs, housing assistance, adult protective services, Pathways to Education and Diabetes Education Centre. Unison's mission is working together to deliver accessible and high quality health and community services that are integrated, respond to needs, build on strengths and inspire change. We are dedicated to providing high quality health care and community services and programs, with a focus on priority populations in North West Toronto.

We are working from an inclusive, sex positive, harm reduction, anti-racist, pro-choice, anti-oppression, and participatory framework in addressing the issue of access to health care for our mandated priority populations encompassing all the determinants of health.

One of our Registered Dietitians is seeking an individual to assist with a twice-monthly delivery of food to our prenatal and emergency food pantry.

Responsibilities:

- Attend Unison's volunteer orientation
- Accept and unpack food delivery from North York Harvest Food Bank for Labour of Love Prenatal Program and / or Emergency Food Bank
- Place/ organize food on shelves in appropriate place
- Check expiry dates on products
- Divert inappropriate products (damaged, dented, open, broken) for waste disposal
- Break down larger formats into smaller portions (i.e. large bags of pasta/rice into smaller bags)
- Maintain order/cleanliness of shelves and area
- Employ FIFO (first in, first out) principal when putting food away
- Determine appropriateness of products for prenatal clients (i.e. no drinks with caffeine, junk food, etc.)
- Place perishables in the fridge
- Keep track of products that have been on the shelves for longer periods, and distribute as instructed by RD
- Keep time logs and other information as requested by RD

Skills/ Qualifications:

- Must be able to lift/move boxes 20-40 lb and have full range of motion
- Ability to perform and follow through on unsupervised duties
- Good verbal communication

- Flexible with scheduling (e.g. the delivery does not always come at the same time)

Interested applicants can direct their inquiry to:

Jenny Zawaly
Unison Health and Community Services
12 Flemington Road
Toronto ON M6A 2N4
Jenny.zawaly@unisonhcs.org
416-787-1676 x 3229