



**Centre d'action
bénévole de
Montréal**

**Volunteer
Bureau of
Montreal**

Food collection for food bank - 37241

We have an urgent need to fill!

The volunteer will be part of a small team in charge of collecting food for our food bank. The team is accompanied by someone from the organization.

Pick-ups take place once or twice a month, on Wednesdays from 11 :30 a.m. to 4 :30 p.m. Volunteers work at all times in a small team with the project manager, and are supervised.

Skills required :

Reliability, punctuality, sense of responsibility, respect for instructions, initiative and good physical condition.

A vehicle is an asset.

If you are interested, please send us your CV and a short introductory message.

Type of volunteering

Regular , Punctual / short term

Type of activity

Accompagnement and/or transport

Language that the volunteer must be fluent in

French , English , French and English , Espagnol, Russe

Advantages offered to volunteers

the training and/or supervision , the reference letter on request

Groups accepted of a maximum number of 5 people

For this activity, my organization is able to accommodate people:

That have compensatory work , That have community service hours

For this activity ,the organization is able to welcome families with children

NO

Duration of engagement

6 months (negotiable)

Schedule

Mercredi / Wednesday - 11 :30 - 16 :30

Disponibilities

	MorningAM	AfternoonPM	Evening
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Les Mains du Quartier

Les Mains du Quartier (LMQ) is a not-for-profit organization created to help the growing population affected by poverty, economic social problems and the COVID-19 pandemic to better fight these difficult days. The organization's goal is to fight against poverty as a whole, including Peter McGill district where 42% of the population lives below the Low-Income threshold. To adapt to the population's fast

growing demands for food baskets, LMQ's mission is to provide them primarily with food assistance in the form of grocery baskets once a week to those in need. LMQ aims to offer balanced and healthy foods consisting of dairy products, meat, eggs, fresh fruits & vegetables, snacks etc. and kits of essential hygiene products. LMQ is also committed to help the vulnerable population to break social isolation intensified due to COVID19, find housing, provide information and prepare income tax for citizens and newcomers.

We are committed to eliminate food crisis particularly in Peter McGill. We're working towards building a healthy population by making sure that every household has not only access to foods but healthy foods.

Address of the organization

1857 boul. de Maisonneuve O

District of the organization:

Ville-Marie

Volunteering location

Address of the organization,

District of the place of volunteering:

Ville-Marie

This offer comes from the site <https://www.cabm.net/>