



# Volunteer Roles at OzHarvest

# Cooking For A Cause



This program is not yet available in: Cairns, Toowoomba, Port Macquarie, Wagga Wagga, and the Southern Highlands

Cooking For A Cause is OzHarvest's primary fundraising activity, and involves corporate teams coming in to our HQ kitchen for an engaging low-waste cooking lesson with our chefs. OzHarvest volunteers assist the sessions by welcoming the teams, getting them ready for the session, acting as kitchen hands to wash up a large volume of dishes, and occasionally filling in where needed in the sessions. These activities are largely held within business hours, Monday-Friday, and an average session is 4 hours.

# OzHarvest Van Assistant



This program is not yet available in: Sydney

OzHarvest Volunteer Van Assistants help our drivers in the physical collection of rescued food from donors; loading food into our yellow vans following approved food safety guidelines, and distributing it to our recipient agencies.

Volunteer Van Assistants need to have a reasonable level of physical fitness, no pre-existing injuries or conditions that may be affected or exacerbated by the role, and are required to complete additional food safety training.

In regional areas, Van Assistants may also be required to drive an OzHarvest vehicle (where one is available) or their personal car when needed. Our regional chapters are entirely volunteer lead and run, so no paid drivers are onsite at these locations.

The majority of these shifts are weekdays, during business hours.



# Container/Crate Washing



These programs are not yet available in:  
Cairns, Gold Coast, Brisbane, Toowoomba,  
Port Macquarie, Wagga Wagga, Sunshine  
Coast, Melbourne, Adelaide, and the  
Southern Highlands

The container and crate washing programs are imperative to allow our drivers and volunteers to rescue good food for our community. Volunteers in these programs (available both during business hours and after hours on weekdays in some locations) help to ensure food safety guidelines are being met by washing containers and crates with dishwashers and/or elbow grease.

# School and Community Engagement Ambassadors



This program is not yet available in: Port Macquarie, Wagga Wagga, Perth, and the Southern Highlands

School and Community Engagement Ambassadors educate the public about OzHarvest, food waste, and sustainability by delivering tailored presentations to schools and community groups. Strong public speaking skills are beneficial to volunteers seeking to be involved with this program.

Opportunities are typically during business hours on weekdays.

# OzHarvest Market Waterloo



This program is only available in Sydney

The OzHarvest Market: Waterloo opened in July 2020, and is OzHarvest's only direct-to-community food relief program run by volunteers. The Market is open Tuesday-Saturday, with volunteer shifts available across all days. Volunteers in this program help to set up the market, sort out rescued food, and assist customers to do their shopping in a supportive and judgement-free environment. Volunteers are onsite between 8am-3pm, with either 3.5 or 6 hour shifts available.



# Community Engagement

Community Engagement is OzHarvest's most powerful tool in the fight against food waste!

Community Engagement activities can be a wide variety of events such as weekend farmers markets, conferences, school fairs, Easter Shows, and many more. At our Community Engagement stalls, volunteers chat with passersby about who we are, what we do, and how they can be involved. Though we do have merchandise available for purchase and donation buckets to accept donations- the primary role of these stalls **is not** tin-rattling.

Community engagement stalls occur at many different times, with weekend opportunities typically available.



These opportunities may not be available in some regional areas.

# NEST



This program is only available in Sydney, Melbourne, and Canberra

NEST (Nutrition Education Skills Training) is a national education program. NEST teaches vulnerable and underserved people skills and knowledge to nurture themselves through healthier eating choices and food preparation through a series of hands-on cooking and nutrition workshops.

Volunteers in the NEST program assist the facilitator to set up cooking and practical sessions, help to run interactive learning modules, and pack down at the end of the sessions.

Volunteering in the NEST program requires additional training, and sessions are run on weekdays during business hours.



# Nourish



This program is only available in Sydney, Adelaide, and Newcastle

The Nourish program enables OzHarvest to be part of a special journey or at-risk young people (16-25 years) by training and mentoring students in a Certificate II in Kitchen Operations. Nourish offers more than just hospitality skills as it creates hope, opportunity, and supports employment pathways for self-sustainability. Volunteers in the Nourish program assist with setting up sessions, washing up, and the all-important role of taste testing!

Volunteers in this program are asked to commit to the full 18-week program term, and opportunities are only available during business hours on weekdays.

# FEAST



FEAST is available for schools nationwide

FEAST (Food Education and Sustainability Training) is a Year 5 and 6 food and sustainability education program. The program runs for 7-1p weeks and is a STEM project-based learning program focusing on food and fibre and the cross-curriculum priority of Sustainability.

Volunteers in this program undergo a special training and are matched with a school whom they help for a six week period. Volunteers assist with setting up the cooking stations, cooking with a group of students, and packing down at the end of the session. Volunteers do not lead education sessions.

All opportunities are available during school hours.



# Skills-Based Volunteering



OzHarvest is always looking for highly skilled, dynamic individuals to assist in a variety of special projects and ongoing departmental support across the organisation.

If you have special skills, and can regularly dedicate time to supporting our various programs and staff, skills-based volunteering might be for you!



# Thank you!



We look forward to being able to welcome you into the OzHarvest family when volunteer roles are available. In the meantime, if you have any questions or would like to amend or withdraw your volunteer application, please contact us at [national.volunteer@ozharvest.org](mailto:national.volunteer@ozharvest.org).