



Application procedure: Once your application has been received, the Volunteer Coordinator will contact you to set up a interview or to provide you with the dates for the information session.

**SECTION III – Area/s of Interest**

Please indicate the volunteer opportunity that interests you:

A. Office based opportunities:

- Assist with quarterly mailings – labeling, stuffing envelopes
- Assist with inventory – counting and logging quantity of article reprints, books etc.
- Reception
- Other: \_\_\_\_\_

Availability: Volunteers in these positions are asked to commit to a 2-4 hour shift. Please indicate the times you are available on the schedule below (we understand that schedules change).

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Afternoon					

B. Public education opportunities:

- Staff the ISF literature table at a local public event (i.e. Total Health Show).
- Assist at an ISF program at the information table; as a greeter; set-up/tear down, etc.
- Post program flyers at local health food stores, organizations.

Availability: Volunteers in these positions are asked to commit to a 4 hour shift. The time commitment varies for each position.

Please indicate any skills or attributes you have that will help ISF with the opportunities above (i.e. studied nutrition, passion, etc.):

\_\_\_\_\_

\_\_\_\_\_

To the best of my knowledge, the information I have provided on this application is accurate.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For office use only:

Received: \_\_\_\_\_ Interview date: \_\_\_\_\_

Orientation date: \_\_\_\_\_

Comments: \_\_\_\_\_

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