

Soup Kitchen

**Open Monday, Tuesday,
Wednesday, and Friday**

Volunteer Shifts:

7:30 am-11:00 am & 10:45 am-2:30 pm

- Cooking preparation
- Cooking
- Set up/clean up
- Serving
- Bussing – clear tables and scrape dishes
- Dishwashing
- Putting away clean dishes and portioning desserts
- Make coffee and supervise bread area
- Greeting/counting
- Divide bulk bread into smaller portions
- Janitorial

The Soup Kitchen is operated out of the Salvation Army Church which is located at:

**187 Alberni Hwy, Parksville, BC.
Phone: 250-954-0707**

We have many volunteer opportunities during the Christmas season for our Christmas Appeal!



- Kettle Workers (bell ringers)
- Kettle Captains (set up and retrieve kettles, check in for shift changes)
- Kettle money counters
- Building and delivery of Christmas Hampers
- Administrative support
- Event coordination

Food Bank

**Open Mondays to Fridays
(Hours can vary by day)**

Volunteer Shifts:

8:30 am-12:00 & 1:00 pm-4:00 pm

- Reception
- Sort food
- Stock shelves
- Help clients shop
- Build and deliver school packs once a week
- Janitorial
- Pick up bread/grocery items from donation points:
 - Save On Foods
 - Thrifty's
 - Starbucks
 - Tim Hortons
 - Quality Foods (Parksville and Qualicum)
 - Costco

The Food Bank is operated out of the Salvation Army administration building which is located at:

**886 Wembley Rd. French Creek
Phone: 250-248-8793**

Do you have a personal or professional service or set of skills you could offer at reduced or no cost to those in need?

- Barber / Hair Stylist
- Resume preparation
- Mechanic
- Dentist
- Counsellor / Psychologist
- Chiropractor
- Massage therapist
- Social services advocate
- Immigration advocate
- Others?

Thrift Stores

**Open Mondays through Saturdays
(Hours specified per location)**

Qualicum Beach Location:

Mon-Sat 9:30am-4:30pm

- Sort and stock items on the shelves
- Run the cash register till

Parksville Island Hwy Location:

Mon-Sat 9:30am-4:30pm

- Sort and stock items on the shelves
- Test electronics
- Minor repairs to items
- Build / set up displays
- Bag items at the till

Parksville Hirst Location:

Mon-Sat 9:30am-4:30pm

- Iron clothing items
- Build / set up displays

Parksville Warehouse:

Monday-Sat 10:00am-4:00pm

- Move / sort furniture

Parksville Store Locations:

- 109-192 W. Island Hwy, Parksville (250-248-8154)
- 107 Hirst Ave Parksville (250-248-1590)

Qualicum Beach Store Location:

- 103-671 Beach Rd. Qualicum Beach (250-752-1850)

Warehouse Location:

- 1210 Industrial Way, Parksville (250-240-3911)