



Delivery Assistant

Wednesday Deliveries

About the Mobile Food Market

The Mobile Food Market (MFM) brings healthy, high-quality and affordable food to HRM neighbourhoods facing food-access issues. We get food into the community in three ways: mobile food markets, our Seniors Fresh Food Box program, and our bulk food delivery program. We are looking for volunteers who are keen to help us with our regular deliveries of fresh, healthy food on Wednesday mornings. These deliveries go to service organizations around the city who host food programming for community members (ie. free food boxes, lunch and snack programs, community markets).

The Role

Jump into the truck with us as we deliver produce to various sites in the HRM! This role requires a significant amount of heavy lifting as we load and unload the truck. This is a great role for those like to work with their hands and sing along to the radio!

Where and When

Wednesday deliveries happen every week and go from approximately 8:30am to 1:00pm. We're looking for 1-3 people who can join our delivery team, committing to a shift at least once a month. Shifts begin and end at Joseph Howe Atlantic Superstore. During the delivery route, volunteers will join an MFM team member in our delivery truck.

What You Bring

First and foremost, you're reliable. You have the ability to repeatedly lift up to 50 pounds, have good attention to detail, and are comfortable acting as a friendly face of the Mobile Food Market.

How We'll Support You

MFM staff will be present for all shifts and will provide on-site training. We'll also let you choose the radio station!

Next Steps

If this sounds like you, we would love to hear from you! Fill out our volunteer application form at www.mobilefoodmarket.ca/volunteer or contact our Community Engagement Coordinator at coordinator@mobilefoodmarket.ca.

For more information on the MFM, visit mobilefoodmarket.ca.