

GROCERY HELPER



RESPONSIBILITIES

- Follow instructions from Help At Your Door to pick up orders from the designated store at your assigned time.
- Ensure groceries are ready when you arrive, and sign out your orders on the volunteer sign-out sheet.
- Deliver groceries promptly after pick-up. If you have multiple deliveries, keep the orders separate during transit. Avoid leaving groceries in your vehicle for an extended period. Unpack and put away frozen and refrigerated items and other items as requested unless the client has indicated a “no contact” delivery.
- Hand the client the grocery receipt and Help At Your Door paperwork, abiding by Help At Your Door’s program boundaries, including the no-tipping policy.
- Visit with the client to check in on their well-being. Note any “red flags” you notice while interacting with the client. Follow emergency procedures if clients are not home or have other concerns, and alert the Operations Director to any upcoming absences.
- Stay informed by reading Help At Your Door emails for updates and pending client requests, and provide at least two weeks' notice before ending your volunteer role.



REQUIREMENTS

- Must be at least 18 years old unless volunteering with a parent/guardian.
- Fill out an [online volunteer application](#) and pass a criminal background check.
- Commit to assisting up to 2 clients weekly on the same day.
- Have access to a reliable vehicle.
- Can lift and carry grocery totes or bags.
- Be fluent in English and demonstrate a friendly approach when interacting with older individuals.



Mission: to help seniors and individuals with disabilities maintain their independence and continue living in their homes.



SIGN UP TODAY

volunteer@helpatyourdoor.org | 651-642-1892