

Regional Food Bank of Oklahoma
Hope Corps Application

The Hope Corps is a program for 16-18 year old high school students seeking leadership experience, non-profit volunteer experience, and a reference for future jobs/ schools. It will be a 12-week internship that will engage the youth in activities that will develop community awareness, leadership skills, and contacts in the non-profit community.

Name: _____
Grade: _____ GPA: _____
Age: _____ Birthdate (xx/xx/xx): _____
Address: _____
School: _____
Phone Number (with area code): _____
E-mail Address: _____ Twitter Handle: _____
Emergency Contact Name: _____
Emergency Contact Phone Number (with area code): _____
T-Shirt Size: _____

Previous Volunteer Experience:

Extra-Curricular Activities:

Personal Goal(s) with this Internship:

If you could describe yourself as an animal, what would it be: _____

With this signature I agree to work with the Hope Corps and will commit a minimum of 40 of volunteer work and I agree to adhere to the Regional Food Bank of Oklahoma's Policy and Procedures.

Signature

Date

Parent or Guardian Signature

Date

Regional Food Bank of Oklahoma's Hope Corps Overview

Hope Corps participants will be trained by and work directly with the Volunteer Center staff in assisting with volunteer shifts in the Volunteer Center.

What does it mean to volunteer at the Regional Food Bank of Oklahoma?

Volunteers are truly the lifeblood of the Food Bank. Whether you are packing boxes of food that will end up on the kitchen table of a family struggling with hunger or tending a row of tomato plants that will end up in the salad bar at a Kids Café site for inner city children, it all makes a difference in the lives of our Oklahoma neighbors.

They types of volunteer groups the students work with in the Volunteer Center include church groups, corporate groups, students/ youth groups, traditional volunteers, and individual volunteers.

The Volunteer Center shifts are Monday-Saturday 9-12pm & 1-4pm, Wednesday evenings 6-8pm, and Thursday evenings 6-9pm. Hope Corps Members will need to work one major shift a week: Thursday evening 5:30-9:30pm, Saturday morning 8:30-12:30pm, or Saturday afternoon 12:30-4:30pm).

Prior to their volunteer shift, the Hope Corps members will participate in a prep meeting with the Volunteer Center staff to review the day's schedule and make assignments for the shifts. In addition, students will debrief with their Volunteer Center Hope Corps manager to discuss their results for the day, what worked, and any needed feedback.

Hope Corps reaches out to Oklahoma youth who are focused on developing their leadership skills, interested in community involvement, and preparing for their futures. After going through this internship the youth will find that the skills they develop will last a lifetime and the connections they make in the organization will become an intrinsic support system for their future.

Commitment to the Program

I, _____ (please print name clearly), commit to the mission of the Regional Food Bank of Oklahoma: "Fighting Hunger... Feeding Hope".

__ Must attend mandatory orientation and training sessions and commit to at least 10 major 4-hour volunteer shifts during the internship. (Thursday evening 5:30-9:30pm, Saturday morning 8:30-12:30pm, or Saturday afternoon 12:30-4:30pm)

__ Must model professionalism at all times and abide by appropriate dress code.

__ Must be a dedicated representative of the Regional Food Bank of Oklahoma.

Signature

Date

Applications can be mailed to ATTN Sara Lorenzen, 3355 S. Purdue Ave, Oklahoma City, Oklahoma, 73137 or e-mailed to slorenzen@regionalfoodbank.org. Please contact Sara Lorenzen if you have any questions via e-mail or by calling 405-600-3165.