

## Our Mission...

to be an interfaith community project to reach out to individuals and families who are struggling to live independently. We do this primarily by serving a free meal in a spiritually uplifting atmosphere to any person who enters our facilities and by seeking to exhibit the love and grace of Jesus Christ in our service.

## Our Services...

- Meals in house and delivered
- Take home items
- Breakfast foods
- Fresh fruits and vegetables
- Seasonal clothing
- Personal care items
- Emergency survival kits
- Bible study and prayer

## Our Funding...

Founded in 1989, we are a non-profit corporation that exists on your generosity as well as the gifts from churches, businesses, and clubs of the communities in our service area. We also actively seek sponsorships and grants.

***Consider donating!  
We gratefully accept:***

***Check, cash,  
or in-kind contributions***

***Credit card donations  
can be accepted through our website***

***Honor a loved one with a memorial  
donation!***

***Shop at [smile.amazon.com](http://smile.amazon.com)***

***Host a food drive—check before  
you plan. See website for details.***

***Sonshine Soup Kitchen  
is a 501 (c)(3) corporation.***

# How to become a Sonshine Soup Kitchen Volunteer

Call or email the office to be part of our data base. Indicate your talents and availability.

603.437.2833

[office@sonshinesoupkitchen.org](mailto:office@sonshinesoupkitchen.org)

*Volunteer jobs vary according to  
your talents and our needs.*



[www.sonshinesoupkitchen.org](http://www.sonshinesoupkitchen.org)

*Follow us!*



# How to be a Great Volunteer

SSK is a **Christian mission** that operates as a **licensed commercial kitchen**. The logistics of the soup kitchen are designed to meet government health and safety standards as well as Christian values. Your compliance is necessary and appreciated.



**Whatever you do, work at it with all your heart, as working for the Lord, not for men. (Colossians 3:23)**

## Always sign in.

- ⇒ We need to know who is on the property at all times.
- ⇒ We record hours served for community service; however, you must sign in and out in the office and in the kitchen to keep your log accurate.

*Please do not ask the office staff to confirm hours if you fail to sign in.*

## Dress appropriately.

- ⇒ Wear clean comfortable clothing that you aren't afraid to get dirty. (aprons available)
- ⇒ Absolutely no clothing that could be considered seductive or with inappropriate messaging, including but not limited to:
  - overly loose or tight clothing
  - camis, tank tops
  - shorts, yoga pants, leggings, pajamas
  - Clothing that exposes boxers/underwear
  - No ripped or torn clothing

## Kitchen and dining room volunteers follow the previous dress code and also:

- ⇒ Wear closed-toe shoes with non-slip soles.
  - ⇒ Keep jewelry minimal and without stones or other parts that might become loose.
  - ⇒ Keep hair up and off of shoulders.
- You will be asked to change if you are not dressed appropriately to work in the kitchen and dining room.*

## Leave valuables at home or locked in your car.

*Sonshine Soup Kitchen is not responsible for lost or stolen items.*

### ⇒ Cell phone policy:

- Must be concealed on your person.
- Must be silenced
- No usage in the kitchen/dining area
- Emergency use only! Inform the Kitchen Coordinator if you must step outside to use your phone so your job can be covered.

*We strictly enforce this policy.*



Health and safety guidelines for food preparation and serving will be strictly monitored and may not be what you are accustomed to at home, work, or church.

### ⇒ Patiently follow the guidelines presented by the Kitchen Coordinator or other SSK professionals.

- Rules for hand washing and wearing gloves must be strictly observed. The Kitchen Coordinator will coach you.
- Cleaning chemicals are not used near food.
- No eating or drinking in the kitchen.

### ⇒ Kitchen and dining room volunteers commit to being here the full shift, 3:00 to 6:00 (or until the work is finished.)

- When you leave early, other volunteers stay later to finish your share of the work.
- Clean up is everyone's responsibility. Sweeping, vacuuming, mopping, cleaning appliances, sanitizing and a light cleaning of the restroom are common chores.

### ⇒ Age restrictions:

- Age 12 to volunteer in dining room
- Age 16 to volunteer in kitchen.
- Age 18 to use stove

*For safety reasons, younger children are not allowed in the kitchen and dining room .*

**So in everything, do to others what you would have them do to you. Matthew 7:12**

- ⇒ Treat each guest with respect.
- ⇒ Treat other volunteers and staff members with respect.
- ⇒ Maintain your privacy and confidentiality as well as that of the guests, volunteers, and staff  
Do not share personal information such as phone numbers.
- ⇒ Maintain your personal space.
- ⇒ Be cooperative, patient and willing to do the tasks your team leader and Kitchen Coordinator assign.

***Uncooperative volunteers will be asked to leave.***

