**Food Bank**

**Introduction**

The Estonian Food Bank is a charity organization, distributing food to people living in poverty and can only work with the help of volunteers.

In Estonia, there are 11 Food Banks. The Tallinn Food Bank operates as an umbrella organization for all Food Banks. The Food Bank collects food, controls it and distributes it weekly to 1700 families living in poverty. The Tallinn Food Bank cooperates with 45 charity organizations in Harju and Rapla county.

The Tallinn Food Bank has one manager, two warehouse managers, one bus driver, one communication manager, and a bookkeeper. In addition to employed staff, there are local volunteers who are engaged on a regular basis.

The project helps to prevent and combat prejudice, racism and all attitudes leading to exclusion – the Food Bank helps people living in poverty in Estonia. We fight poverty, hunger, and exclusion. The priority of the organization is always families living in poverty, especially families with many children and families with small children. All people who belong to these groups can get help. Food is distributed for free.

The project develops a sense of tolerance and understanding of diversity – the aim is to fight exclusion and to get more attention for people living in poverty.

**Location**

The service will take place in Tallinn, which is the capital and biggest city in Estonia.

**Work tasks and proposed ideas**

* Helping with the transport of boxes of food
* Packing and selecting the food
* Distribution of food
* Cleaning of warehouse
* Doing some simple administrative tasks
* Helping with instructing new volunteers
* Helping with organizing food drives and special campaigns

If the volunteer wants and is able, he can drive the van, give English language courses to the every week volunteers, prepare lunch for the volunteers and give lectures in schools about poverty, waste of food and the Food Bank. The main help needed, however, is transportation and packaging of food boxes which is physically very challenging.

**Benefits of volunteering**

* The volunteer will learn about logistics and data collecting for warehouses
* The volunteer will learn about food safety
* Knowledge about charity, poverty, and waste of food in Estonia
* Increasing awareness of other cultures

**Requirements for the volunteer**

* Good physical condition
* Punctual
* Wanting to help people in need
* Willing and wanting to work with people, team-work
* Positive
* Open-minded
* Flexible