

**Empty Bowls Virginia Peninsula  
March 10, 2023 Volunteer Sign Up**

**Please Print Clearly or Type**

Name \_\_\_\_\_

Address \_\_\_\_\_ City State Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact name & phone # \_\_\_\_\_

When are you available to volunteer? Please mark all times you are available. As soon as we finalize the timing for needed volunteers, we will let you know when your help is needed the most.

- \_\_\_\_\_ Thursday morning for set up
- \_\_\_\_\_ Thursday afternoon for set up, if needed
- \_\_\_\_\_ Friday morning for set up, if needed
- \_\_\_\_\_ Friday afternoon for set up before the event – How early can you come? \_\_\_\_\_
- \_\_\_\_\_ Friday evening from 5:00 pm – 7:00 pm for the first half of the event
- \_\_\_\_\_ Friday evening from 7:00 pm – 9:00 pm for the second half of the event
- \_\_\_\_\_ Friday evening for clean up after the event

---

Empty Bowls Virginia Peninsula and The Historic Post Office appreciate the assistance of event volunteers. Volunteers are requested to dress in safe and comfortable clothing. Your emergency contact information is needed to enhance your safety. Our goal for all volunteers and guests is to provide a safe and meaningful experience. Your participation in fund raising for charities assisting the food insecure in our local communities is vital and appreciated.

I agree to not hold Empty Bowls Virginia Peninsula or the owner of the facility, The Postman, LLC, liable for any loss or injury to my person, family members or guests. I also assume all risks related to possible exposure to COVID-19.

Signature \_\_\_\_\_ Date \_\_\_\_\_

---

**Email or send picture of signed form to [volunteer.emptybowlsvapenin@gmail.com](mailto:volunteer.emptybowlsvapenin@gmail.com) by 3-01-2023**