

FOR VOLUNTEER FOOD RUNNERS



FEED MORE, WASTE LESS

Join Community Food Rescue to donate food, fight hunger, and prevent food waste

Community Food Rescue is the coordinated food recovery network of Montgomery County, Maryland. This system enhances the good work of businesses, individuals, and organizations that already recover and redistribute perfectly good food to people experiencing hunger. The more participation, the less waste and hunger we'll have.

Join our VOLUNTEER FOOD RUNNER CORPS:

We seek people with vehicles and good driving records to join our volunteer food runners corps to transport donated food from food businesses to recipient hunger assistance organizations. It's easy to use our new, web-based matching software.

Why should I participate as a CFR Volunteer Food Runner?

- You will help fill bellies instead of the landfill. In Montgomery County, 146,000 tons (23%) of all solid waste is food waste and 70,000 (8%) of residents do not know where their next meal will come from. Your help in transporting food donations will help achieve the County's recycling goal of 70% by 2020.
- Participants are protected from liability through the Good Samaritan Act.
- Volunteers learn about safe food handling and transportation practices.
- This is a great activity for whole families and groups.

To learn more:

Visit the Volunteer Food Runner page of the CFR website <https://www.communityfoodrescue.org/deliver-food/> to learn more, including who can participate, safe food handling guidelines, FAQs and much more!

To sign up:

1. Go to <http://www.chowmatch.com/signup> to sign up to use the web-based matching software
2. Establish your account login and password
3. Complete your profile. You will be asked for your car insurance policy number.
4. When you sign up, you will be directed to review safe food handling guidelines and watch a short video
5. Then, take a short quiz, and pass with 80% or better
6. You will begin receiving food run requests in the locations you specify. You accept the food runs you want. You will receive details about each food run you accept. There is no specific time commitment.



Questions? Cheryl Kollin, Program Manager, cheryl@communityfoodrescue.org or call: 240.268.2502

When you Volunteer for a Food Run, Remember to Take:

- Food Safety Tracking Form and pen
- Supplies if food is time/temperature controlled and the run is longer than one hour
- CFR identifying emblems such as car magnet and cap. (These will be mailed to you).
- Donor and Recipient location information and phone numbers.
- CFR Administrator contact information
 - cheryl@communityfoodrescue.org
 - phone: 240-268-2502

You can find all these details on the CFR Food Runners Resources page:

<https://www.communityfoodrescue.org/food-safety-for-volunteer-food-runners/>.

If you have any questions, contact cheryl@communityfoodrescue.org or call: 240.268.2502.

Thanks again for becoming a CFR volunteer food runner! Together we will feed more and waste less!