

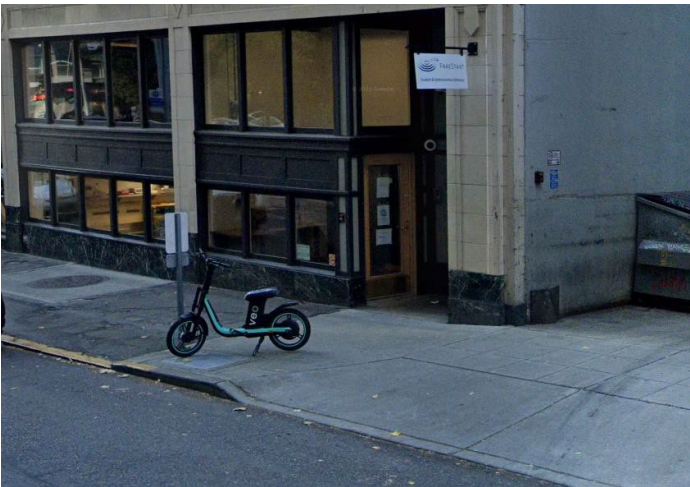


## On-Site Volunteering Information

### Locations

#### Downtown

[700 Virginia St, Seattle WA 98101](#)



#### Parking:

[Doppler](#) and [Day 1](#) garages (free on weekends & 4pm on weekdays)

[Public Transit Planner](#)

#### Entrance:

- **7:30am-3:30pm Monday-Friday shifts** use administrative entrance located on Virginia St. (pictured above). Push intercom button to the right of the wooden door and reception will buzz you into the foyer. Take the elevator to the 3<sup>rd</sup> floor reception for check in.
- **4:30pm-6:00pm Food Security Kitchen shifts** gather outside the entrance pictured above at 4:30pm and a staff person will come out to retrieve you. If you need assistance gaining entrance to the building and no staff are present, call Sofia at (206) 245-4764.
- **Guest Chef Night shifts** use the restaurant entrance on 7<sup>th</sup> Ave

## Galaxy Kitchen

[635 Elliott Ave W, Seattle, WA 98119](#)



### Parking:

Parking on the street is free but limited, pay to park lot at [660 Elliot Ave W](#)

### [Public Transit Planner](#)

### Entrance:

- FareStart is in the left black, mirrored building when facing the courtyard (pictured above)
- *Weekends*, call the kitchen at 253-260-4266 for entrance

## THE BASICS

**Volunteer Attire:** Volunteers working with food and in kitchen spaces must wear clean, comfortable attire suitable for a kitchen setting, including; closed-toe shoes, long pants, short sleeve or long sleeve shirt (no bare midriffs or underarms). Avoid wearing loose clothing, jewelry or nail polish as these can pose a safety hazard. Hats or hairnets (provided) are required while in kitchens. Volunteers will be turned away if they are not following attire safety guidelines.

**Attendance and Registration:** All volunteers supporting in person opportunities must be registered with FareStart in-advance. If volunteering with a group, each group member must [create a volunteer account](#) with FareStart. If you are unable to attend, please unregister from your shift.

**Volunteer Age Requirements:** All volunteers onsite and interacting with students must be 18 years

or older. Volunteer opportunities not at FareStart locations allow volunteers 17 and under with parent/guardian permission.

### **BE SAFE**

Food Safety: Instructions on how to properly handle food will be provided in your orientation, if applicable to your role. [Here is a brief video](#). Please always uphold these general guidelines.

- Wash your hands after using restrooms, when you enter kitchens, and between tasks.
- Change gloves to minimize risk of cross contamination
- Make sure food is stored at proper temperatures
- Wear proper clothing in kitchens

### Health & Safety Considerations:

- FareStart is a mask-friendly environment.
- Illness: Our kitchens prepare food for several high-risk populations. If you are sick, please unconfirm your shift.

Safe Lifting: Many opportunities may require you to lift awkward or heavy objects. [Here is a brief video](#).

Remember:

- Lift with a straight back, focusing on power from your legs. Do not hinge at hips or twist while lifting heavy items
- If something is too heavy to lift alone, ask a buddy to help or use a tool to move

Preventing Slips and Falls: Proper footwear is critical to preventing slips. [Here is a brief video](#). Remember:

- Be aware of wet flooring
- Do not run inside kitchen spaces

Building Safety: Make sure that you are closing building doors completely when entering and exiting. Do not allow others to enter with you unless they use their security badge or have been let in by reception

For more information, contact [volunteer@farestart.org](mailto:volunteer@farestart.org)