

Join ACP Delaware Chapter at a Volunteer event this Saturday, January 12, 2019 at the Food Bank of Delaware at 14 Garfield Way, Newark, DE 19713.

Register with the Food Bank at the link below, and then join the group "Bear Internal Medicine and Pediatrics".

Volunteers are needed to assist with general tasks in the Volunteer Room. Volunteers should expect:

- Tasks will vary depending on the needs of the Food Bank.
- Tasks may include: sorting and packing food/meals, sorting & bagging produce, shelving food, and cleaning coolers.
- Volunteers must be at least 16 years old to volunteer independently.
- Younger volunteers (ages 7-15) accepted when volunteering with a parent/guardian (please email volunteer@fbd.org to let them know).
- Volunteers will be on their feet for the majority of the time
- Some volunteers may be asked to lift and/or move boxes of food weighing up to 50 lbs.

To Register:

Create a profile and register through the Food Bank's [volunteer website](#).

After creating an account and signing into your profile, please follow the 3 steps listed below to join our group.

1. Click your name on the top right-hand corner of the home page then click "Enter Join Code" on the drop down menu
2. Type in **BMP5** in the Join Code box then hit "Join"
3. Click the mini "Food Bank of Delaware" logo or the "Event" button to go back to the home page; then scroll down on the home page and click next to: **NEWARK Afternoon Volunteer Room Event on Saturday, January 12, 2019, 1:00-3:00 p.m.**

John O'Neill DO MACP
Interim Governor, ACP DE Chapter