



Wednesday, November 4



Southeastern Foodbank, 800 Tidewater Drive,
Norfolk, VA 23505

Help build boxes to meet current distribution demands—this number is expected to fluctuate as a result of the COVID-19 pandemic in our area.

All volunteers must be at least 16 years of age. Volunteers will assist with the sorting, packing, inspecting, and/or boxing of food for community distributions and are expected to wear a face mask and/or face shield at all times. Volunteers must be able to squat, pivot, bend, and lift at least 35 pounds.

You Must Register Online at <http://vhub.at/Thalhimer>

(If you do not already have a volunteer profile on the Foodbank's website, you will need to create one.)

Each shift has a limited volunteer capacity, so register today!
Attendees will receive a free IREM T-shirt at shift check-in.

Two Available Shifts:

- 9:00 a.m. - noon
- 1:00 - 3:00 p.m.



Doing business with our
Industry Partners
is good business!



Apartment
GUIDANCE



BECK ROOFING
CORPORATION

BELFOR
PROPERTY RESTORATION



CertaPro Painters®



To keep our members and supporters safe, IREM Hampton Roads Virginia will follow all social distancing guidelines and any other government mandates related to COVID-19.