

**Empty Bowls Virginia Peninsula
March 6th, 2026 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
- _____ Friday morning for set up
- _____ Friday afternoon for set up before the event – How early can you come? _____
- _____ Friday evening from 4:30 pm – 6:30 pm for the first half of the event
- _____ Friday evening from 6:30 pm – 8:30 pm for the second half of the event
- _____ Friday evening for clean up after the event, starting at 8:30 pm

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 liable for any loss or injury to my person, family members or guests. I also assume all risks related to possible exposure to COVID19.

Signature_____ Date_____

Email or send picture of signed form to volunteer.emptybowlsvapenin@gmail.com by 1-31-2026