

**2024 FMSC Sessions for St. Genevieve:**

**Wednesday, January 24 4:30-6:15pm and 7:00-8:45pm**

**Address:**

**401 93<sup>rd</sup> Ave NW Coon Rapids, MN 55433**

**Are masks required to volunteer?**

Masks are optional for all volunteers and staff.

**What is the minimum age for volunteering?**

The minimum age for volunteering is 5 years old. For safety reasons, children under the age of 5 are not allowed to participate in packing sessions.

**Can we wear jewelry while packing?**

Due to FDA compliance for food manufacturing plants, NO jewelry may be worn in the packing room.

**Can I volunteer if I'm sick/have been sick?**

If you are experiencing any COVID-19 symptoms, please stay home. If you have tested positive for COVID-19, you must be symptom-free for 24 hours and it must be at least five days since the onset of symptoms. Please consult your medical provider if you need further information.

Please do not come to our facility to volunteer if you have any of these symptoms (excluding conditions related to seasonal allergies or known non-contagious medical conditions):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



**If we have already been through volunteer orientation, do we need to go through it again?**

Yes. We want to offer the full volunteer experience to all volunteers, both returning and new, and we need to ensure that proper packing procedures are followed. Volunteers must attend both the FMSC orientation and the packing orientation each time they visit.

**Are there sit-down jobs for volunteers?**

Yes! We reserve one of our most important tasks for sit-down volunteers. Volunteers can sit while labeling bags—this is a vital step to the packing process. This task entails putting our FMSC label on each bag before it is filled with food.

**I have food allergies. Can I see a list of ingredients I would be exposed to in the packing room? If I'm allergic to one of the ingredients is there something I can still do?**

FMSC advises volunteers with food allergies to exercise caution when determining whether or not to participate in food packing. We are able to provide a [complete list of ingredients in FMSC's food products](#), but we cannot guarantee the environments of our ingredients' manufacturing. Volunteers with extreme food allergies or allergies to any of the listed ingredients are advised not to pack.

**Something has come up or I'm sick and I can't make it. What do I do?**

Email Susie Irlbeck at [sirlbeck@stgens.org](mailto:sirlbeck@stgens.org) or ThuyAnh Hoang at [thoang@stgens.org](mailto:thoang@stgens.org) and your name will be taken off the reservation list.