



Freeport Grocery Buddy Program
Volunteer Information Sheet

Thank you for your interest in volunteering with Freeport Grocery Buddy Program! We appreciate your help in taking care of our community, and hope this information is helpful in answering your questions about the program.

Who is it for? The Freeport Grocery Buddy Program is designed to pair up seniors or those with autoimmune health conditions (program participants) with volunteers who are willing to shop for them.

How does it work? The program participant calls Freeport Town Hall at 865-4743, ext 121, indicating they would like to be paired with a volunteer shopper. A Town employee will call them back. The participant will go over their shopping list, indicate what store they wish to use (Freeport Shaw's or Bow Street Market), and purchase gift cards in that amount from the Town. The Town staff will then pair vetted volunteers with the program participant. You pick up the list and gift card(s) from Town Hall.

What are the requirements to be a volunteer? Just fill out the volunteer form [here](#). We ask for car information to help the program participant identify you. The Town reserves the right not to accept folks as volunteers, and ask due to the CDC recommendations that you be under the age of 65 and not have any presenting health concerns. All volunteers are encouraged to follow the CDC recommendations for safe deliveries (see Town website for that document).

Will I always be paired with same program participant? We are hoping that volunteers will commit to being paired with a program participant on a weekly basis, so that you are able to get to know some of the shopping needs of the person, and they have a relationship with you! You must be available to do the shopping on Thursday or Friday of that week, and are able to deliver the items to the participant that same day. You will have one another's contact information, so you can ask questions about the list, directions to their home, etc.

Is it every week? That depends entirely on your program participant - they may only need a shopping trip every two weeks, instead of every week.

What if I need to miss a week due to work or if I am not feeling well? No problem! Just let Melanie Sachs know – we have back-up shoppers!

Do I have to spend my own money? No – the program participant purchases gift cards to their grocery store of choice. Their list also will have notes about which items are “High Priority” so you know which items they would like the most. At the end of the shopping trip, you place the receipt and gift card with the remaining balance in the shopping bag.

FMI: Contact Melanie Sachs, 207-299-6825 or melaniesachsforme@gmail.com, or leave a message for Town staff at 207-865-4743, ext. 121.

THANK YOU FOR VOLUNTEERING!