

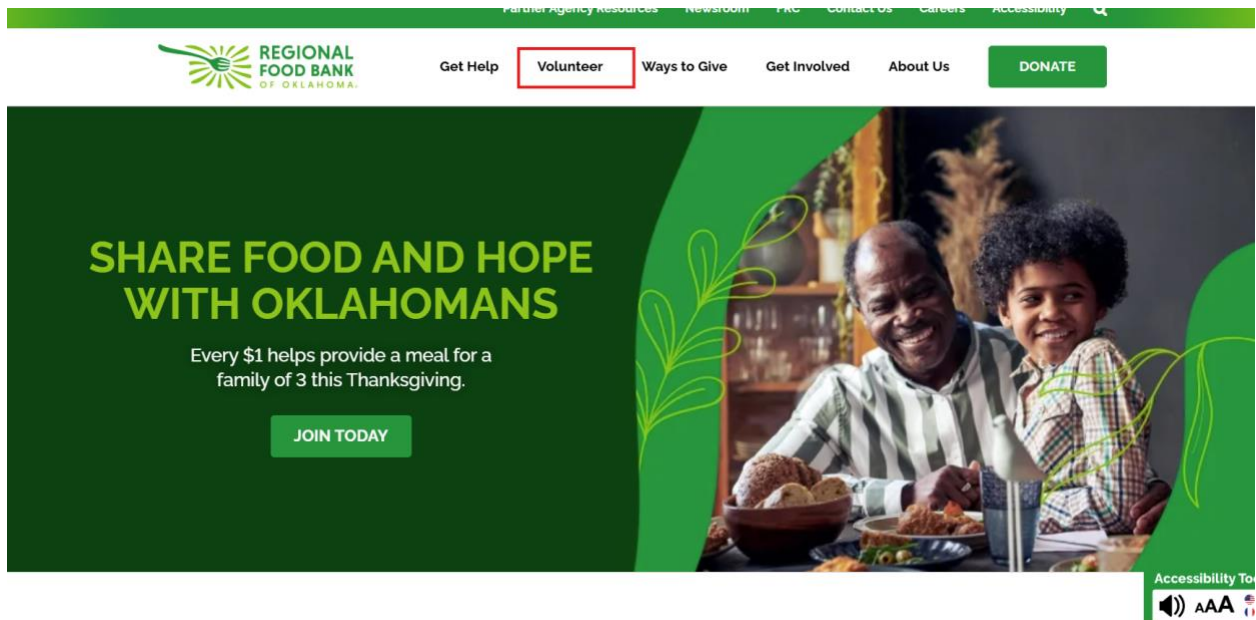
How to Sign Up

STEP 1: Go to the Regional Food Bank website

Visit the [Individual Volunteers - Regional Food Bank of Oklahoma](#)

STEP 2: Go to the Volunteer Opportunities page

Navigate to the Volunteer Opportunities page to view the available volunteer options.



STEP 3: Click “Individual Volunteers”

Volunteer

Volunteer at the Regional Food Bank!

Volunteer shifts are available Tuesday through Saturday for individuals and groups of all sizes. Check out our volunteer opportunities below.



STEP 4: Find the FRC Individual Volunteers section

Scroll down to the **FRC Individual Volunteers** section and click **November** to view available shifts.

- Sorting and stocking to help maximize the shopping experience.
 - **This may include stocking the freezer and cooler, so please consider dressing accordingly. Coats and gloves are available on site.**
- Assist with shopper intake by helping with check-in process and provide additional resources as needed.
- The minimum age requirement is 12 years of age.
- The FRC is located at **2635 N. Shields Blvd., Moore, Okla., 73160.**



FRC Individual Volunteers

Individual volunteers or groups of **five or less** are encouraged to register as individuals.

Register for your shift:



October



November



December

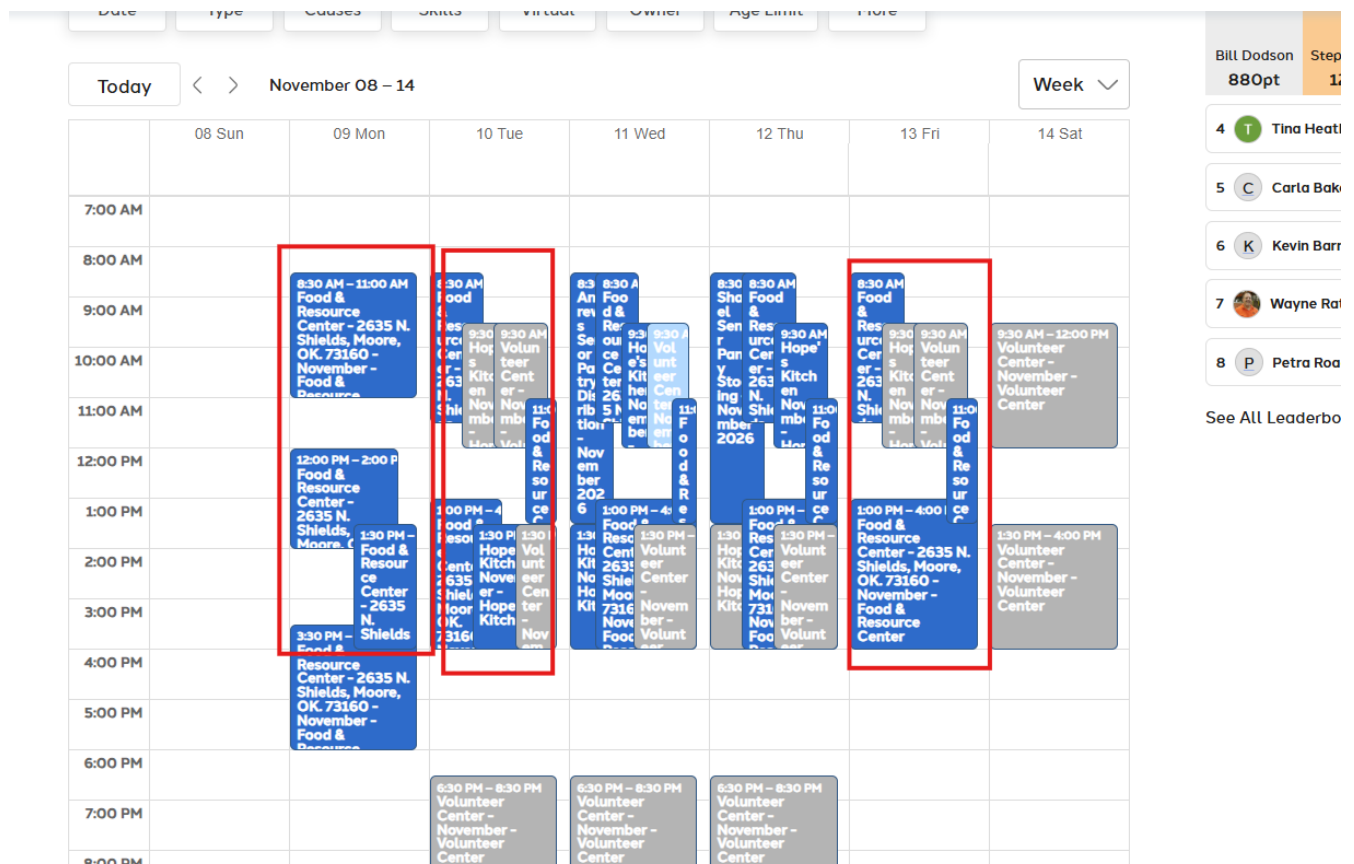
STEP 5: Register or sign in

If you do not already have a GivePulse account, create an individual account. If you already have one, simply sign in.

STEP 6: Select your Week of Giving shift(s)

Once logged into GivePulse, click **Home**. Scroll to the calendar near the bottom of the page.

From the identified **Week of Giving shifts**, select one or two dates and times that work best for you and complete your registration.



The shifts highlighted in red are our pre-approved days/times for “Week of Giving” - any shifts outside of this will need additional approvals

Final Step: Confirm Your Registration!



Registration completed!

Food & Resource Center	Nov 12, 2026	11am - 1:30pm (CT)	Registered	L
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[Back to dashboard](#)

Please send **Andru your confirmed date(s) and time(s)** so you can be added to the Central Office group list.

A Few Reminders

- Please get approval from your supervisor before signing up.
- You may drive yourself or coordinate with colleagues to carpool.
- Arrive at least **10 minutes before** your shift starts.
- Wear comfortable clothing and **closed-toed shoes** for safety.
- Before leaving, be sure to get a **group photo with your colleagues!**

Thank you again for taking the time to give back to our community. We appreciate everyone who is participating and look forward to seeing our Central Office team come together for this opportunity