Need help registering online?

Here are instructions to register online for a volunteer shift.

1. Go to [houstonfoodbank.org/IAC](http://houstonfoodbank.org/IAC) and click on "VOLUNTEER" located in the green bar in the top next to "JOIN US" to see a complete list of volunteer shifts.
2. To register, click on the hyper-linked date for the day you want to volunteer to either log in if you have already created a profile or to create a profile if you are registering in the system for the first time. Once you fill out the profile, click "Submit".
3. By clicking "Submit", you will be forwarded to the next page where you can scroll down and click "Register". If you already have a profile, please sign in with your username and password. Then you will be forwarded to the shift page, where you can click "Submit".
4. Our system will send you a registration confirmation e-mail with information about the shift.
5. Done! Thank you for donating your time.

FAQ:

1. Do I have to complete a profile every time I want to volunteer?
   No, registering for the first time usually takes the longest time. Once you create a profile with a user name and password, next time you want to volunteer for an IAC shift you can just login and you will be taken to the registration page where you can click submit!
2. Does my child need to create a profile?
   In order for your child's hours to be tracked and easily verifiable (for example: Your child needs to get his/her volunteer hours verified/signed off for school), please create a profile. You can use the the same email address and password. For user name, HFB recommends using the initial of first name and last name of the volunteer.
   If your child does not need their hours tracked, you do not need to create a profile for them. By not creating a profile for your child, volunteer hours will not be tracked for the child. Child waivers will be provided during the shift for parents to sign off on.
3. What is the minimum age that one can volunteer at HFB?
   Volunteers MUST be at least 6 years old and supervised by parent or guardian throughout the shift.

What's next?

- After you have created a profile, login to your profile to register for other shifts in the future.
- You will receive a confirmation e-mail from the Houston Food Bank shortly after you register for a shift.
- For a fast check-in: locate your QR code by either printing out or having your shift confirmation e-mail ready. Your individual QR code will be located at the top of your confirmation e-mail and will look similar to the image below: