

**It takes guts to make it stop.**

## Refreshments/Food Captain

Gutsy Walk is the signature national fundraising event for Crohn's and Colitis Canada, with almost 60 communities across Canada coming together on one day in June to raise money to advance medical research on these devastating chronic diseases that touch 1 in 150 Canadians. Together, we will make Crohn's and colitis stop. For life.

As the Gutsy Walk Refreshments Captain, you will lead the refreshments and food distribution at the event, including:

- With the committee, determine food & beverage requirements/quantities and work to secure items like BBQ, propane, generator, napkins, utensils, water with in-kind donations where possible
- Develop an event day schedule that covers: distribution, delivery, pick-up, set-up, clean up, etc.
- Provide on-site training to volunteers and ensure all health & safety procedures are adhered to
- Act as the key point person for refreshment deliveries on-site
- Be an active participant in all Committee meetings, meet timelines and adhere to Crohn's and Colitis Canada policies and procedures
- Work in partnership with fellow committee members to consider food and beverage options that reflect the dietary needs of walk participants

Time Commitment:

- Committee meetings take place monthly from approx. September to May, with some additional meetings as needed leading up to event day and a post-event wrap up meeting.
- Some evening and weekend activity is required to plan and source vendors and supplies. Some daytime availability is ideal (phone calls, emails).
- This role requires a commitment to follow through until post-event wrap up in June/July

What you bring:

- Experience with food & beverage or food preparation. Safe Food Handling certification an asset
- Comfortable adapting to change, problem solving and leading a team of volunteers on Walk day
- Detail oriented, outgoing with a team player attitude

What we offer:

- A community of support, a dedicated staff partner, team of peers and role-specific training
- An opportunity to use and grow professional skills, expand your network
- A hands-on chance to make a meaningful difference in the lives of people living with Crohn's and ulcerative colitis in your community

I have read, understood and agree to fulfill the responsibilities as outlined. I make a commitment to be active in this role from \_\_\_\_\_ to \_\_\_\_\_.

\_\_\_\_\_  
Volunteer Signature & Date

\_\_\_\_\_  
Staff Partner Signature & Date

**Crohn's and Colitis Canada commits to supporting you in your role and to providing an engaging volunteer experience. Your feedback is appreciated- [volunteer@crohnsandcolitis.ca](mailto:volunteer@crohnsandcolitis.ca)**