

**Welcome to the volunteer intake!! There are three easy steps to begin volunteering with us:**

1. Use the Food Safety Training [slides](#) and/or the [video](#) to take the Food Safety Training [quiz](#) (takes only about 5-10 minutes to complete).
2. Forward the confirmation email you will receive, or a screenshot of the end-screen (telling you that your response has been recorded), to [aberns@tulane.edu](mailto:aberns@tulane.edu).
3. You will receive an invitation to FRN's GroupMe where you will be able to access the sign-up sheet to sign up to volunteer. Note: you will receive the invitation in the inbox of the email that you used to contact [aberns@tulane.edu](mailto:aberns@tulane.edu).