

Volunteer FAQs at Food Bank of the Rockies

1. Can groups come and volunteer?

We love groups of all kinds! Please fill out the volunteer application and indicate the size of your group and we'll get you scheduled. Groups larger than 30 may need to be split between opportunities and shifts to accommodate everyone.

2. Is there an age minimum/are children allowed to volunteer?

Volunteers must be at least **14 years old (accompanied by an adult) or 16 years old to volunteer on their own.** Volunteers must be 18 years or older to volunteer in our kitchen.

3. How do I get there (directions)?

Our address is 10700 E 45th Ave, Denver CO 80239. You can see us from I-70 & Havana, and we are located between Embassy Suites and Denver Mattress. Follow the signs for volunteer parking on the east side of the building and enter in the door marked for volunteers!

4. What days/times are you open?

We are open Monday – Friday, from 8:30 am to 4:30 pm and one Saturday per month. Our shifts are from 9 am to noon and from 12:30 pm to 3:30 pm. Please arrive at least 15 minutes prior to the beginning of your shift.

5. What should I wear to volunteer?

Come **dressed appropriately** for warehouse work. This includes wearing: **Closed toed shoes**, (no sandals please - comfort is also important - you'll be on your feet for several hours) and **shirts with sleeves** (no halters or mid-drift shirts please.)

6. What volunteer opportunities are available?

We have opportunities in the areas of Reclamation, Distribution, Community Kitchen, Nutrition Network, and USDA (for groups 10 or larger). Please see our Volunteer page for more information on each specific opportunity.

7. I need hours for court-ordered community-service.

Court ordered volunteers MUST fill out our online form to get started. We will consider misdemeanor court ordered community service on a case-by-case basis. Please note we are unable to accept court ordered volunteers during our busy seasons of summer and the holidays.

8. Do I need to register in advance or can I just walk in?

We ask that you fill out the volunteer application at least two weeks in advance to ensure plenty of time for us to schedule you. If you are looking to volunteer with us during the holiday season, please contact us a few months before as it is a popular time and fills up quickly!

9. Are those with limitations able to volunteer? (Special needs, disabled)

All volunteering does occur within our warehouse, so we encourage contacting our office first. We will examine each situation and try to accommodate all to the best of our ability.

10. Where can I store personal belongings while volunteering?

We only have limited space for storing personal belongs. We recommend that you either not bring such items with you or leave them locked in the trunk of your car for safe-keeping until the end of your shift.

11. I am unable to volunteer but would still love to contribute to the FBR. How can I?

You can contribute food, funds or time! Please check out our "Give" portion of the website for more information.

12. I live on the Western Slope/in Wyoming and would love to volunteer.

The Western Slope Branch is particularly in need of assistance in the afternoon, and volunteer hours are flexible at our facility at 734 Scarlet Drive; Grand Junction, CO. For more information, contact Starlene Collins at 970-243-3937 or by email at scollins@foodbankrockies.org

Please contact our Wyoming warehouse about volunteer opportunities at our Casper-area facility at 4976 Paige Street; Mills WY, by calling 307-265-2172 or 877-265-2172 (toll free).