

Food Bank of the Rockies - Volunteer Information

Thank you for inquiring about volunteer opportunities at Food Bank of the Rockies (FBR)!

Join other like-minded individuals and your investment of time and energy will support hundreds of non-profit agencies in their efforts to eradicate hunger in our communities. **Assistance is primarily needed Monday - Friday, 9:00 a.m. – 11:30 a.m. and 12:30 p.m. - 3:30 p.m.** We also have opportunities one Saturday per month, however they fill up quickly and recommend reserving at least 6-9 months in advance.

Please note that we are currently unable to accept volunteers under 14, and those under 16 must be accompanied by an adult.

Volunteer Areas:

Distribution

Our distribution center serves as a location where our member agencies (pantries, soup kitchens, etc) can place orders for much needed food and supplies for their hunger relief programs. Volunteers help pull and build orders from warehouse inventory, ensuring that the orders are correct and ready to be picked up in a timely manner. This area requires an attention to detail and the ability to repetitively lift 10-20 lbs.

Volunteers needed each shift: Up to 20

USDA - Nome Street

Our smaller warehouse on Nome Street serves as a distribution center to our member agencies for USDA programs. Here volunteers will help pull and build orders from warehouse inventory, ensuring that the orders are correct and ready to be picked up in a timely manner. This area requires an attention to detail and the ability to repetitively lift 10-20 lbs.

Volunteers needed each shift: Up to 5

Reclamation

Our reclamation area is where food and other items are processed from both food drives and grocery rescues. Volunteers will help inspect, clean, sort and box these items before they are distributed to clients via our member agencies (pantries, soup kitchens, etc). This area requires an attention to detail. It is a low-impact/physical area (great for those with certain limitations), though it does require standing for the shift. Great area for both individuals and groups (up to 15-20 in size) who want to work together!

Volunteers needed each shift: Up to 25

Community Kitchen

Help our chef and assistant kitchen coordinator with the preparation of meals for our Kids Cafe program. Great for aspiring chefs and those who enjoy culinary work. Work may involve prepping food, cooking, cleaning, and other duties. This area requires attention to detail, with an age minimum of 18. Can be a physically demanding area with the lifting and carrying of trays, etc. Shift times are from 7 am to 10:30 am, and 10:30 am to 2 pm. Volunteers needed each shift: Up to 5

USDA Commodity Supplemental Food Program (CSFP)

Work in an assembly line helping fill boxes with food for the USDA's food program that targets low income pregnant and postpartum women, their infants and children, and seniors. A wide variety of positions within this area are available from low impact to physical tasks make it great for groups and team building activities. *Note: On our open Saturdays, some volunteers will also help distribute these boxes to our clients – helping them transport the items from our warehouse to their vehicles.*

Volunteers needed each shift: Minimum 10, up to 30

Office Work

Where would an organization be without its office duties? We occasionally need assistance with large mailings, phone call backs after events, along with some filing and other miscellaneous tasks. *Note: Availability for this area is quite limited.*

Nutrition Network - After School Snacks for Tutoring Program

Help fill snack orders for our after school snacks for tutoring program and then transport the orders to the waiting vehicles from our warehouse. This is available on Tuesdays and requires an attention to detail and walking throughout entire shift. Help is especially needed for the morning shift.

Volunteers needed each shift: Up to 6

Nutrition Network - Totes of Hope™ Programs

Help fill our Totes of Hope™ for children weekly and Totes of Hope™ for seniors monthly, with food that really helps make a difference! This area is great area for groups, with the totes for children packed weekly on Friday mornings, and totes for seniors at the beginning of the month.

Volunteers needed each shift: Weekly up to 5; Monthly up to 10

For all FBR volunteer opportunities, you should dress weather appropriate in **closed toe shoes** (sneakers, work boots) and clothing appropriate for a warehouse setting, including **shirts with sleeves** (short or long).

Parking: Come in the main entrance off 45th Ave and park along the east side of the building (facing Denver Mattress). Enter through the door with the sign “Volunteer Entrance” above it and follow the striped tape and floor markers to our purple wall Volunteer Area. Please plan on arriving 15 minutes prior to your shift. Doors open at 8:30 am.

Volunteering with Food Bank of the Rockies is an important contribution. We are very dependent on the generous donation of our volunteers’ time. Because of you, we can continue to operate and countless thousands of people have access to desperately needed food.

Please note we check all volunteers against the Dru Sjodin National Sex Offender Public Website.

Please visit foodbankrockies.org and fill out our online volunteer form to get started. Also, check out [the FAQs](#) on our website. If you still have questions, please contact me. We look forward to working with you.

Sincerely,



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