

VOLUNTEER!



FEEDING
AMERICA
A Member of



Volunteers are an integral part of the success of Food Bank of the Rockies' mission to Fight Hunger and Feed Hope.



Food Bank of the Rockies' (FBR) volunteers come from all ages and walks of life, with diverse ethnic and religious backgrounds. Seniors, retirees, teenagers, homemakers, corporate employees, faith-based groups, entrepreneurs, college students and affiliates of other nonprofit agencies and professional organizations donate their time throughout the year.

Last year our volunteers contributed 102,355 hours to our hunger-relief efforts; the equivalent of 50 full-time employees! Volunteers are the backbone of FBR, assisting in all aspects of our operations.

How Do Volunteers Help FBR?

Distribution: Volunteers work in our warehouse where food is prepared for distribution. Tasks include filling and checking agency orders, packing food, weighing produce, assisting agencies with their shopping

orders and light cleaning. Various distribution opportunities are available Monday - Friday and one Saturday per month. Please view our online volunteer calendar for specific openings.

Reclamation and Community Food Drives: FBR picks up damaged and close-dated items from local retailers. These items must be inspected, cleaned, sorted, weighed and boxed for distribution. Items from community food drives must also be inspected, weighed and boxed.

Nutrition Network: Volunteers assist with the children's and senior's programs. Totes of Hope™ - Children and Seniors require volunteer assistance to fill the totes. Driver's helpers are also needed to assist our FBR staff on the trucks with meal pick-up and delivery. These programs require a specific number of volunteers on various days of the week/month. Please visit our website to view our volunteer calendar for openings.

Community Kitchen: Volunteers prep, cook and clean-up for meal and snack preparation to support our Kids Cafe, after school snacks and special meals. Shift times and openings are posted on our website. Volunteers in this area must be at least 18 years old.

Office: Occasionally we need volunteers for data entry, filing, mailing assistance, phone calls (no selling or soliciting) and other office work.

Other Areas: FBR hosts events and often needs volunteers to help with preparation prior to the event and duties on event day. Please visit our website to learn about specific events and volunteer needs.

Internships: Our Community Relations and Development departments occasionally have opportunities for unpaid internships throughout the year. If you are interested in an internship, please email your resume to: info@foodbankrockies.org, along with dates and times you would be available.

Who Can Volunteer at the food bank?

Volunteers, age 16 and over, are welcome to help out at the food bank. Volunteers, age 14 - 15, may assist when accompanied by an adult volunteer (One for every 1 - 5 teens.) Children under age 14 can help by learning about the food bank on our website, but due to the nature of work at the warehouse, they must wait to help onsite until they are at least 14.

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What else is required?

Dress comfortably in closed-toed shoes. Work shoes or tennis shoes are perfect - please no sandals or flip flops. Please wear shirts with short or long sleeves - no tank tops, tube tops, halter tops or sleeveless attire.

What shifts are available?

Shifts vary slightly for each department, but generally they are about 3 - 4 hours each. Our volunteer doors open at 8:30 am and things wrap up around 4:00 pm Monday - Friday. We are open one Saturday each month from 8:30 am - 12:30 pm. Saturday shifts fill up quickly, so if interested, please book early. Some volunteers stay for only one shift. Some work the entire day. We're happy to work with your schedule, so let us know what shift(s) you prefer.

How do I get started?

First, visit our website, foodbankrockies.org and fill out our online form. Be sure to list the date and time you'll be available and if you have any special requests or requirements. Please give us a few days to respond to your request. We get many requests and with a small staff, while we try, we cannot always respond to your request the same day. Please be patient - we will get back to you as soon as we can and want you to come volunteer with us!

Do you accept community service volunteers?

We provide school credit and workforce (TANF) credit as well as some court ordered community service on a case by case basis. All volunteer opportunities must be arranged in advance. Please specify you'll need community service credit when you fill out your online form.

What should I expect when I arrive?

Plan to arrive a few minutes prior to your start time at our warehouse, 10700 E. 45th Ave., Denver, CO 80239. We are located just north of I-70 and east of Havana, between Denver Mattress and Embassy Suites on the south side of 45th. Turn in by the big yellow Food Bank of the Rockies sign and head south to our designated Volunteer Parking, marked on east the side of our building. The Volunteer Entrance will open at 8:30 am. We recommend you lock purses and valuables in your car trunk where they are not easily seen. You will be doing physical work in the warehouse and it's difficult to watch personal items.

We provide water and other beverages for you to enjoy during your breaks in our volunteer break area. Refrigerators are also available if you bring in your lunch or snack.

How often can I volunteer?

We have some volunteers who come only once and some who come on a daily, weekly or monthly basis. For our "regulars" we also give monthly and annual awards, lunches, tee-shirts, coupons and other gifts to say thank you!

Where do I go for more information?

First, visit our website, foodbankrockies.org. It provides information on our volunteer opportunities, including a calendar with available times. Fill out our online request form and we'll respond to your request as soon as possible. Need information not found on our website? Please email volunteer@foodbankrockies.org or contact our volunteer department, 303.371.9250, ext. 211 or 236.

