



UTAH FOOD BANK

VOLUNTEER OPPORTUNITIES

Advance reservations are required.

Please note that there is often a 6-month wait list for group warehouse tasks.

Opportunity	Description	Commitment & Time Requirement
Warehouse Tasks	Sort food, build orders (including senior food boxes), re-pack bulk items & more at Utah Food Bank's warehouse in Salt Lake. Requirements: <ul style="list-style-type: none"> • Must be able to lift 25-40 lbs. • 12 years of age minimum. • Youth 12-15 years of age must be accompanied by an adult (1 adult per 5 youth). 	PLEASE RESERVE 6 MONTHS IN ADVANCE Volunteer Times: Mondays: 12:00PM – 8:30PM Tuesdays – Thursdays: 12:00PM - 9:00PM Fridays: 10:00AM - 4:30PM Saturdays: 8:00 AM - 1:00PM Shifts are 90 minutes Tuesdays – Thursdays & 2 hours on Saturdays. Group size 1 - 25 people.
Family Night	Mondays and Saturdays only. Children 5 years of age and older may sort food with their families.	Mondays: 4:30PM – 5:30PM, 6:30PM – 7:30PM & 7:30 PM – 8:30 PM. Saturdays: 12:00PM – 1:00 PM Group size: 1 – 10 people
Food Drives	Neighborhoods, businesses, community groups, churches & schools are encouraged to host food & fund drives throughout the year.	Food drives can last anywhere from a few days to a few months—it's up to you. Please visit our website at www.utahfoodbank.org for more details & to register your food & fund drive.
Special Events	Helping with Utah Food Bank's special events including food drives & fundraisers. These may be held onsite at our Salt Lake warehouse or at other locations.	Varies depending on event—several opportunities are available throughout the year.
Food Box Delivery	Deliver free food boxes to the homes of low-income seniors and people with disabilities on a monthly basis. Utah Food Bank provides free, monthly food assistance to low-income, homebound seniors and people with disabilities.	<ul style="list-style-type: none"> • 18 years of age or older • 6-month commitment of 3 deliveries per month • Proof of car insurance & valid driver's license • Recommend a minimum of 2 people to make deliveries • Call clients monthly to arrange delivery time • Deliveries must be made Monday-Saturday (no Sundays) • 1-time opportunities may be available
Decorate Food Boxes	Decorating food boxes for deliveries to seniors offers a great service opportunity for children who are not old enough to volunteer in the warehouse.	Cardboard boxes for decorating are subject to availability & need. Up to 25 may be checked out during the Volunteer Desk's operating hours.
Kids Cafe	Utah Food Bank's Kids Cafe provides nutritious meals to children facing hunger in after-school programs at various locations in Salt Lake County. Volunteers partner with site staff & students to set-up, serve & clean-up these weekday meals. Volunteers must participate in food safety and Kids Cafe training sessions prior to beginning.	<ul style="list-style-type: none"> • 3-month, 1-day-per-week minimum commitment • Late afternoon/early evening • Total volunteer time per day is approx. 1.5 hours. Please contact Kerri Duncan at 801-887-1251 or Kerriid@utahfoodbank.org for details.

Volunteers 12-15 years of age must always be supervised by an adult.

No children under 12 years of age are allowed in the warehouse other than Family Nights.

During Family Nights, children 5 years of age and over may volunteer with their families in the food sorting room.