



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, 5:30PM – 6:30 PM; 6:30PM – 7:30PM & 7:30 PM – 8:30 PM Saturdays: 12:00PM – 1:00 PM Group size: 1 – 15 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/give-food/ for more details & to register your food & fund drive.
Mobile School Pantry	Our Mobile School Pantry program helps families in need by distributing food at individual local school locations at the end of the school day.	<ul style="list-style-type: none"> • 2-3 hours once per month • Group Size: 8-12 people • Dates and times vary by school location • Locations in Salt Lake valley only
Food Box Delivery	Deliver free food boxes to the homes of low-income homebound seniors and people with disabilities on a monthly basis.	<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 20 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 Kerrid@utahfoodbank.org for details.

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

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

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