## VOLUNTEER OPPORTUNITIES

**Advance reservations are required. Please note that there is often a 6-month waitlist for group warehouse tasks.**

<table>
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<th>Opportunity</th>
<th>Description</th>
<th>Commitment &amp; Time Requirement</th>
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| **Warehouse Tasks**  | Sort food, build orders (including senior food boxes), re-pack bulk items & more at Utah Food Bank’s warehouse in Salt Lake. | **PLEASE RESERVE 6 MONTHS IN ADVANCE**  
Volunteer Times:  
Mondays – Thursdays: 12:00PM – 7:30PM  
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  
Saturdays: 12:00PM – 1:00 PM  
Group size: 1 – 20 people.  
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/](http://www.utahfoodbank.org/give-food/) for more details & to register your food & fund drive. |
| **Food Drives**      | Neighborhoods, businesses, community groups, churches & schools are encouraged to host food & fund drives throughout the year. |  
- 2-3 hours once per month  
- Group Size: 8-12 people  
- Dates and times vary by school location  
- Locations in Salt Lake valley only |
| **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. |  
- 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 a delivery time  
- Deliveries must be made Monday-Saturday (no Sundays)  
- 1-time opportunities may be available |
| **Food Box Delivery** | Deliver free food boxes to the homes of low-income homebound seniors and people with disabilities on a monthly basis. |  
- 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. |
| **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. |  
- 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. |

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

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