



UTAH FOOD BANK

VOLUNTEER OPPORTUNITIES

Advance reservations are required.

Please note that there is often a 6-month waitlist 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 – Thursdays: 12:00 PM – 7:30 PM Fridays: 10:00 AM – 4:30 PM Saturdays: 8:00 AM – 1:00 PM 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: 4:30 PM – 5:30 PM, 5:30 PM – 6:30 PM, 6:30 PM – 7:30 PM Saturdays: 12:00 PM – 1:00 PM Group size: 1 – 20 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 for 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 a 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.

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.