



UTAH
FOOD
BANK

SOUTHERN DISTRIBUTION CENTER

VOLUNTEER WITH US!

Your time and dedication can make a significant impact on the lives of those in need. Together, we can fight hunger in Southern Utah.

When: Monday – Thursday: 9:00 am – 7:30 pm, Friday: 10:00 am – 3:00 pm, Saturday: 8:30 am – 1:00 pm

Volunteer Opportunities Include:

- **Sorting Food:** Help organize and categorize donated food items, ensuring they are ready for distribution.
- **Building Orders:** Assist in the process of assembling food orders for local programs and agencies, ensuring that every order is accurate and complete.
- **Re-packing and Re-labeling Food:** Prepare food items for distribution by repackaging and labeling them.
- **Building Food Boxes:** Work with us to assemble food boxes that will provide essential nourishment to individuals and families facing food insecurity.

Please Note:

- Some of our tasks may require lifting items weighing up to 40 lbs. We have the necessary equipment and support to ensure your safety.
- Youth volunteers under 16 years old are welcome to volunteer, but must be accompanied by an adult. For groups and families, we recommend having one adult per every five youth.
- Families are encouraged to participate, and children as young as 8-11 years old are welcome to join our Monday evening groups or our Saturday family groups.

Location: Utah Food Bank Southern Distribution Center - 4416 S. River Road, St. George, UT

Contact: For more information or to sign up for volunteer shifts, please contact Marsha Watson at (435) 275.4888 or marshaw@utahfoodbank.org

