



# UTAH FOOD BANK

## VOLUNTEER OPPORTUNITIES

**Advance reservations are required.**

**Please note that there is often a 3-month waitlist for group warehouse tasks.**

Opportunity	Description	Commitment & Time Requirement
<b>Warehouse Tasks</b>	Sort food, build orders (including senior food boxes), re-pack bulk items & more at Utah Food Bank's warehouse in Salt Lake.  <b>Requirements:</b> <ul style="list-style-type: none"> <li>• Must be able to lift 25-40 lbs.</li> <li>• 12 years of age minimum</li> <li>• Youth 12-15 years of age must be accompanied by an adult (1 adult per 5 youth)</li> </ul>	<b>PLEASE RESERVE 3 MONTHS IN ADVANCE</b>  <b>Volunteer Times:</b> Mondays – Thursdays: 11:30 AM – 7:30 PM Fridays: 10:00 AM – 4:00 PM Saturdays: 8:00 AM – 1:00 PM  Shifts are 90 minutes Tuesdays – Fridays & 2 hours on Saturdays. Group size 1 - 25 people.
<b>Family Night</b>	Mondays and Saturdays only. Children 6 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
<b>Food Drives</b>	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 <a href="http://www.utahfoodbank.org/give-food/">www.utahfoodbank.org/give-food/</a> for more details & to register for your food & fund drive.
<b>Mobile School Pantry</b>	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"> <li>• 2-3 hours once per month</li> <li>• Group Size: 8-12 people</li> <li>• Dates and times vary by school location</li> <li>• Locations in Salt Lake valley only</li> </ul>
<b>Food Box Delivery</b>	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"> <li>• 18 years of age or older</li> <li>• 3 month commitment of 3 deliveries per month</li> <li>• Proof of car insurance &amp; valid driver's license</li> <li>• Recommend a minimum of 2 people to make deliveries</li> <li>• Call clients monthly to arrange a delivery time</li> <li>• Deliveries must be made Monday-Saturday (no Sundays)</li> <li>• 1-time opportunities may be available</li> </ul>
<b>Decorate Food Boxes</b>	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 40 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 6 years of age and over may volunteer with their families in the food sorting room.**