



ECS Volunteer Opportunity – Assist with Food Distribution to Head Start Families

ECS runs Head Start programs in the South Bay region of San Diego, serving over 2,000 children ages 0 to 5 from families with low-income. Our preschool classrooms are shut down right now due to Covid-19, but we are distributing food to Head Start families Tuesday through Friday, from 9:15am to 12:30pm, and are looking for volunteers to help with this distribution.

This is taking place outside - which allows for social distancing – in the parking lot of our Para Las Familias program in South Bay (1424 30th St., San Diego, CA 92154-3421). We welcome one time or repeat volunteers. Below is more information about the volunteer roles and the safety measures we have in place. And bilingual volunteers are a plus, but speaking Spanish is not at all required to volunteer.

Volunteer Tasks

We could use 2-3 volunteers Tuesday through Friday from 9:15am to 12:30pm or so. Volunteers could sign up to come one time or once a week, etc. Below is a schedule of the distribution program each day to give you an idea of what you would be doing as a volunteer:

- 9 AM – 10 AM Set-up
 - Set-up 2 pop up tents
 - Set-up 6 tables (5 at food distribution and 1 for registration)
 - Put up signage and balloons
 - Put out cones
 - Set-up check-in table with rosters and menu cards
- 10 AM – 12 Noon Food Distribution
 - Assist with check-in:
 - Ask parent for child's name(s) and check off roster
 - Provide parent with menu and instructions (this is their ticket for picking up the food)
 - Guide them to food distribution area
 - Distribute Pre-packaged Meals to Families
 - Provide prepared meal bag/milk to each family based on the number of menu tickets they present
 - Most families will receive one bag/milk
- 12 PM – 12:30 PM Clean-up
 - Put away pop up tents
 - Put away tables, signage, balloons and cones

Safety Measures

- 1) The staff and volunteers serving food to our Head Start families are practicing social distancing.
- 2) We will provide disposable gloves for you to use while you are volunteering.
- 3) We ask you to bring a mask to wear while you are volunteering. If you don't have one, please let us know, and we will work on getting you one.

Volunteer Application: If you have not volunteered with ECS before or completed our short, on-line volunteer application, please complete the Event Volunteer Application at the bottom of this page: <https://www.ecscalifornia.org/volunteer> to help us track volunteer service with ECS.

Thank you for considering this opportunity! We welcome adults and children/teens with their parents. **For more information**, please contact Deann Rios at 619.694.9892 or drios@ecscalifornia.org.

Your service to others makes a difference!