

# **Volunteer Opportunities**

## **July 9, 2020**

### **Help the YMCA Help Our Community**

The YMCA is delivering about meals to about 2000 kids per week to impoverished neighborhoods not served by school programs. FPC would like to assist by providing 500 sandwiches per week. Sign-up by [clicking here](#) to provide 35 sandwiches on the day of your choice. Instructions for types of sandwiches and delivery are found in the link.

### **Can You Sew?**

Piedmont Rockdale is willing to accept homemade masks. [Click here](#) to find a list of supplies and a pattern. Piedmont Rockdale will have a collection box inside the Emergency Department doors next to the intake area. For questions contact [Susan Simons](#) from Covington First United Methodist.

### **Action Ministries SuperPack Program**

The Action Ministries' SuperPack program provides a supply of food for children to enjoy over the weekend and school breaks. The program is intended to increase access to food for students that face hunger when school is not in session. Each pack contains two breakfast items, four entrees, two servings of fruits and/or vegetables and snacks when available. We currently serve students at 15 of Newton County Elementary, Middle and High schools with our SuperPack Program.

### **Signups are available through July.**

- To sign up to pick up and drop off SuperPacks [click here](#).
- To sign up for food distribution at the Covington Housing Authority [click here](#).
- To sign up for food distribution at Nelson Heights Community Center [click here](#).

## **First United Methodist Food Pantry**

Just a reminder that the work of the CFUMC food pantry continues, especially as more and more businesses are laying off employees. We have afternoon volunteer slots tomorrow that need to be filled. We are practicing all CDC guidelines for community organizations and organizations that work with at risk populations.

[Click here](#) to sign-up, but please read below for criteria for volunteers. You cannot just walk up to volunteer.

All direct care volunteers (on site at the food pantry, distributing sack lunches or super packs in the community) must agree to the following guidelines for your safety and the safety of others:

1. You are not in a high-risk group (over 65 years old or have a chronic medical condition such as heart disease, diabetes, or lung disease)
2. You do not reside with a member of a high-risk group

All volunteers, whether direct care or indirect (making sandwiches, dropping off supplies, putting together super packs) must agree to these best infection control practices:

1. You will monitor your own health status. If you develop a fever of 100.4 or above, have a dry cough, or experience shortness of breath, you will contact your healthcare provider for guidance.
2. You will follow recommended hand washing guidelines (20 seconds with soap and water, hand sanitizer), respiratory hygiene (cover your cough and sneeze in your elbow or a tissue that is disposed of), wear single use gloves at all times, and sanitize all surfaces before and after use
3. You will follow social distancing recommendations: only work in very small groups (maximum 4 in a room), maintain 3-6 feet between you and other volunteers.

## **Truck Drivers for Food Pantry**

The Methodist Food Pantry also needs additional drivers for the refrigerated box truck. Contact their [Coordinator](#) to volunteer.