

# Summer Family Volunteer Opportunity



*Are you looking for ways to have your children give back this summer?  
If so, your family can volunteer to prepare snack bags for children  
right here in your own community.*

**What:** Your family will shop for kid snacks (*see shopping list on opposite side*) and then bring them to the Food Pantry where you will pack a minimum of 50 snack bags (5 snacks) per bag\*.

During your visit your family will help weigh the food you bring, receive a tour of the Food Pantry and learn about how we help those in need and why it is so important to give back to the community.

**Who:** Children of all ages are welcome. We can accommodate up to 8 volunteers with a maximum of 3 children under the age of 16 per every adult.

**When:** Mondays, Wednesdays & Thursdays by appointment between 1:00pm – 6:00pm, Tuesdays by appointment between 9:00am - 2:00pm

*You should allow for about 1 hour depending on how many volunteers are in your group.*

**Where:** Beverly Bootstraps, 35 Park Street, Beverly

**Why:** During the summer when school is out and there is no access to the free and reduced breakfast and lunch programs, families often have a hard time keeping enough food in the house on budgets that were already strained. We help by providing bags full of healthy snacks to families with children at the Food Pantry.

Please contact Volunteer Coordinator, Leslie Colten at [lcolten@beverlybootstraps.org](mailto:lcolten@beverlybootstraps.org) or 978-927-1561 for more information or to schedule a time.



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## Shopping List:

*\*\*All items individually packaged\*\**

Granola bars  
Peanut butter crackers  
Cheese crackers  
Goldfish crackers  
Pretzels  
Annie's gummy fruit snacks  
Fruit leather  
Trail/nut mix  
Dried fruit (raisins, craisins, etc.)