



Volunteer FAQs at Food Bank of the Rockies

1. Can groups come and volunteer?

We love groups of all kinds! Please go [online](#) to get yourself and group registered and signed up for a shift. Groups larger than 20 may need to be split between opportunities and shifts to accommodate everyone. For all youth and school groups, we do require one adult for every five youth.

2. Is there an age minimum/are children allowed to volunteer?

Monday through Saturday, volunteers can be 14 or older, **those 14 and 15 must have an adult accompany them.** Prior authorization for younger volunteers on Saturdays is required – please contact the volunteer department.

3. How do I get there (directions)?

Our address is 10700 E 45th Ave, Denver CO 80239. You can see us from I-70 & Havana, and we are located between Embassy Suites and Denver Mattress. Our volunteer parking and entrance is located at the south end of our building, facing I-70! Enter through the door with the sign "Volunteer Entrance" on it and we'll get you all set up in our Welcome Center.

4. What days/times are you open?

We are open Monday –Saturday, with shifts from 8:45 am to noon and from 12:15 pm to 3:30 pm. Please arrive at least 5 minutes prior to the beginning of your shift.

5. What should I wear to volunteer?

You should dress weather appropriate in **closed toe shoes** (sneakers, work boots) and clothing appropriate for a warehouse workplace setting. No clothing that is overly revealing or suggestive is allowed. Shirts/tops must have a strap over each shoulder and the bottom of shirts/tops must meet or be longer than the top of the pants so that the midriff is not exposed. No halters, tubes or single shoulder strap shirts are allowed. No undergarments may be visible when in normal posture (sitting or standing). No clothing that has a derogatory message or that promotes, suggests, or depicts violence.

6. What volunteer opportunities are available?

Please note at this time we will place volunteers in the different areas as needed to ensure we are effectively fulfilling our mission. Our needs do change on a daily basis, but here are our areas listed in priority order: Distribution, USDA/CSFP, and Nutrition Network.

7. I need hours for court-ordered community-service.

Court ordered volunteers sign up [online](#) to get started. We will consider misdemeanor court ordered community service on a case-by-case basis. Please note we are unable to accept court ordered volunteers during our busy seasons of summer and the holidays.

8. Do I need to register in advance or can I just walk in?

[Please register in advance!](#) You can see what shifts are available and get yourself signed up through our website.

9. Are those with limitations able to volunteer? (Lifting, sitting, developmental)

All volunteering does occur within our warehouse, so we encourage contacting our office first. We will examine each situation and try to accommodate all to the best of our ability.

10. Where can I store personal belongings while volunteering?

We only have limited space for storing personal belongs. We recommend that you either not bring such items with you or leave them locked in the trunk of your car for safe-keeping until the end of your shift.

11. I am unable to volunteer but would still love to contribute to the FBR. How can I?

You can contribute food, funds or time! Please check out our ["Give" portion](#) of the website for more information.

12. I live on the Western Slope/in Wyoming and would love to volunteer.

The Western Slope Branch is particularly in need of assistance in the afternoon, and volunteer hours are flexible at our facility at 268 N. River Road, Palisade CO 81526. For more information, contact 970-243-3937

Please contact our Wyoming warehouse about volunteer opportunities at our Casper-area facility at 4976 Paige Street; Mills WY, by calling 307-265-2172 or 877-265-2172 (toll free).