

## Food Bank of the Rockies - Volunteer Information



Thank you for inquiring about volunteer opportunities at Food Bank of the Rockies (FBR)!

We invite you to become a hunger hero and join other like-minded individuals and groups in the investment of time and energy to support hunger relief efforts throughout Colorado. **Assistance is primarily needed Monday - Friday, 8:45 am – 12:00 pm and**

**12:15 pm - 3:30 pm.** We also have Saturday opportunities that fill up quickly! Monday through Saturday, volunteers can be 14 or older, those 14 and 15 must have an adult accompany them. Volunteers under the age of 14 require pre-authorization – please contact the volunteer department to learn more!

Please note at this time we will place volunteers in the different areas as needed to ensure we are effectively fulfilling our mission and our needs do change on a daily basis. Not all areas are available every day.

**All registration and scheduling is now online at: <https://foodbankrockies.volunteermatrix.com>**

### **Our Volunteer Areas:**

#### **Distribution**

Our distribution center serves as a location where our member agencies (pantries, soup kitchens, etc.) can place orders for much needed food and supplies for their hunger relief programs. Volunteers help pull and build orders from warehouse inventory, ensuring that the orders are correct and ready to be picked up. This area requires an attention to detail and the ability to repetitively lift 10-20 lbs. You will get a great workout!

#### **CSFP Commodity Supplemental Food Program**

Work in an assembly line helping fill boxes with food for the USDA's food program that targets low income seniors. A wide variety of positions within this area are available from low impact to physical tasks that make it great for groups and team building activities.

#### **Nome Street – TEFAP\***

Our smaller warehouse just down the street serves as a distribution center to our member agencies for USDA TEFAP programs. Volunteers help pull and build orders from warehouse inventory, ensuring that the orders are correct and ready to be picked up in a timely manner. This area requires an attention to detail and the ability to repetitively lift 10-20 lbs. (Only opportunity that occurs at a separate location)

#### **Reclamation**

Our reclamation area is where food and other items are processed from food drives and grocery rescue pick-ups. Volunteers help inspect, clean, sort and box these items before they are distributed to clients via our member agencies (pantries, soup kitchens, etc). This area requires an attention to detail and is a low-impact/physical area, though it does require standing for the shift.

#### **Community Kitchen**

Help our chef with the preparation of meals for our Kids Cafe program. This is a great opportunity for aspiring chefs and those who enjoy culinary work. Work may involve prepping food, cooking, cleaning, and other duties, requires attention to detail, with an age minimum of 18. This can be a physically demanding area. *Limited Availability*

#### **Produce Sorting**

Cabbage, apples and potatoes oh my! Help is needed to sort through bulk produce so that we can get quality nutritious fruits and vegetables to our partner agencies and the food insecure. A variety of positions are available in this area and is great for groups and team building activities.

**Office Work**

We occasionally need assistance with large mailings, phone call backs after events, along with some filing and other miscellaneous tasks. Very Limited Availability.

**Nutrition Network - Totes of Hope™ Programs**

Help build orders and load them into vehicles for our agencies that participate in our Children Totes of Hope™ programs. This is available on Fridays and requires an attention to detail and walking throughout the entire shift

**Nutrition Network - After School Snacks for Tutoring Program**

Help build snack orders and load them into vehicles for our agencies that participate in the after school snacks for tutoring program and then transport the orders to the waiting vehicles from our warehouse. This is available on Tuesdays and requires an attention to detail and walking throughout the entire shift.

**Clothing:** 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 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.

**Location:** 10700 E 45th Ave, Denver CO 80239. Here is a [map](#) of our main location to volunteer - parking is plentiful but we always recommend carpooling! If our lot is full, please feel free to park on the streets around us.

**Entrance & Parking:** 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" above it and we'll get you all set up in our Welcome Center. Please arrive a minimum of 10-15 minutes prior to the start of your shift.

**Groups:** For all youth and school groups, we do **require** one adult for every five youth. We ask that all groups of 20 or more provide an updated list of volunteers two weeks prior to the volunteer date.

**Other:** If you or someone in your group has a limitation, please contact us in advance so we can do our best to accommodate your needs. For court ordered volunteers, all cases are accepted on a case by case basis.

Volunteering with Food Bank of the Rockies is an important contribution. We are very dependent on the generous donation of our volunteers' time. Because of you, we can continue to operate and countless thousands of people have access to desperately needed food.

**Please note we check all volunteers against the Dru Sjodin National Sex Offender Public Website.**

Please visit [foodbankrockies.org](http://foodbankrockies.org) and to see our online calendar and to get yourself scheduled to volunteer! Also, check out [the FAQs](#) on our website. If you still have questions, please contact us! We look forward to working with you.

Sincerely,

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