

FOOD BANK
FOR NEW YORK CITY



foodbanknyc.org



2019 VOLUNTEER PROGRAM GUIDE

JOIN OUR TEAM OF VOLUNTEERS

Did you know we need 800 volunteers every week at Food Bank For New York City? Become a part of our network of volunteers working to end hunger in the five boroughs.

WE NEED YOUR HELP

Our volunteers play an essential role. Without you our work would not be possible. We can't fight hunger alone—become a part of our team of Food Bank volunteers who are committed to ending hunger in NYC.



BENEFITS OF VOLUNTEERING

Volunteering builds team spirit, fosters a community of giving, and ensures Food Bank can have maximum impact distributing food, serving meals, and ending hunger.



JOIN OUR TEAM

Becoming a volunteer is easy. All you have to do is head to our web-site, click on volunteer, and create an account. After you've created an account, you can sign up for a project of your choosing at a time and location that works best for you.



BRONX FOOD DISTRIBUTION WAREHOUSE

Every weekday at our Distribution Center in Hunts Point food is collected, stored, repacked and distributed to our network of community-based member organizations throughout the five boroughs.



WORKING AS A VOLUNTEER

Feeling like a wizard behind the curtain? Work your magic at one of our repack projects. You can break down donations of 500 pounds or more, then sort and repack the food into boxes that will be shipped out to organizations all over New York City.

AVAILABLE SHIFTS

Tuesday - Friday

9:30 am-12:30 pm; 1:00 pm-3:30 pm

of volunteers per shift: 20 - 50

Age 18+ or 13+ with adult chaperons

Saturday (one weekend per month)

10:00 am-12:30 pm; 1:30 pm-4:00 pm

No minimum group size for Weekend Repacks; families and individuals welcome! Age 13+ with youth waiver or 5+ with adult chaperon.

FEEDING THE NEED

As the city's major hunger relief organization, Food Bank distributes more than 74 million pounds of food every year — providing 400,000 meals per day to New Yorkers in need.

100 volunteers are needed on a daily basis to repack over one million pounds of food every year. Join us for this exciting project directly benefiting our Member Agencies and clients across the city.



COMMUNITY KITCHEN AND PANTRY

Our full-service soup kitchen and food pantry in West Harlem provides more than 90,000 free meals each month.

WORKING AS A VOLUNTEER

Are you looking to be on the front lines in the fight against hunger? In our Community Kitchen you can prepare, cook and serve food to our clients. In our Pantry you can assist clients as they shop for food and restock the pantry throughout the day.

AVAILABLE SHIFTS

Senior Breakfast (18+)

Monday - Friday: 8:30 am - 11:00 am
Capacity: 5 volunteers

Prep & Serve (18+)

Monday - Friday: 10:30 am - 3:00 pm
Capacity: 8 volunteers

Dinner Service (18+)

Monday - Friday: 3:30 pm - 6:30 pm
Capacity: 6 volunteers

Food Delivery Support (18+)

Monday & Wednesday:
9:00 am - 12:00 pm Capacity: up to 8

Shop & Stock (Age 13+)

Tuesday & Thursday
9:00 am - 1:00 pm, 12:30 pm - 4:00 pm
Wednesday
12:30 pm - 4:00 pm, 3:30 pm - 6:30 pm, 6:00 pm - 8:30 pm
Saturday
10:30 am - 12:30 pm, 12:00 - 2:30 pm
Capacity: up to 15 volunteers



TAX ASSISTANCE PROGRAM

Every year volunteer tax preparers donate their time to help eligible New Yorkers receive more than \$100 million in tax refunds.

WORKING AS A VOLUNTEER

Good with computers and talking to people? Work one-on-one with clients to put money back into the hands of our neighbors who need it most.

JOIN THE VITA TEAM

To participate in the Volunteer Income Tax Assistance (VITA) Program, you must first receive IRS basic-level VITA Certification. Find out about trainings and more information about the tax program by visiting www.foodbanknyc.org/vita.

ECONOMIC EMPOWERMENT

Food Bank's VITA program is the largest program of its type in the country. Each year we help to file almost 40,000 tax returns, which puts millions of dollars in credits and refunds back into the pockets of low-income New Yorkers.

Volunteer trainings start in January. If you are interested in volunteering with the VITA Program, please email taxvolunteer@foodbanknyc.org for



FARM 2 FOOD BANK WITH GROWNYC

Food Bank For New York City partners with GrowNYC Greenmarkets to reduce food waste and to ensure more New Yorkers have nutritious farm grown food.



WORKING AS A VOLUNTEER

Tired of seeing tons of food going to waste in New York City? Help collect locally grown food donations from farmers at the end of local greenmarkets which will be sent to a Food Bank For NYC hunger-relief organization.

of Volunteers per shift: 5 -15
Ages: 13+ (with parent waiver)



Our Farm 2 Food Bank program with GrowNYC Greenmarkets is a seasonal volunteer opportunity. Check our [web-site/volunteer calendar](#) for exact dates.

Locations:

- **Union Square**
Mondays & Fridays, 5:30 pm-7:30 pm
(up to 15 volunteers)
- **Grand Army Plaza (Brooklyn)**
Saturdays, 4:00 pm-6:00 pm
(up to 10 volunteers)
- **Dag Hammarskjold Plaza (Midtown)**
Wednesdays, 3:00pm-5:00pm
(up to 5 volunteers)



FOOD BANK CUSTOM SERVICE PROGRAM

Engage employees through customized volunteer engagement opportunities that build morale and teamwork.



BENEFITS INCLUDE:

- Coordinated delivery and organization of supplies prior to your group's arrival
 - On-site, day-of management of the project
 - Provide a project overview and impact at the beginning of every volunteer opportunity
 - Follow-up evaluation to guide future planning
-

CUSTOMIZED PROJECTS MAY INCLUDE:

1. Food Bank 2 Go

Having trouble coordinating a volunteer day out of the office? No worries! Food Bank can come to you! Pack nutritious meals into a box or bag to ensure a New Yorker doesn't go hungry.

2. Green Sidewalk Distribution

Help fellow New Yorkers living in "food deserts" access fresh produce! Volunteers will bag and distribute produce directly to clients.

3. Pantry Conversion

You can make sure families receive the supermarket experience by helping us convert a pantry into an efficient choice pantry.

Please note: Sponsorship of our volunteer program is required to receive the benefits of these projects. If your company is interested in learning more please contact Jessica Presedo at jpresedo@foodbanknyc.org.



FAMILY FRIENDLY VOLUNTEERING

Start the love of volunteering early by volunteering at these family and youth friendly projects!

WORKING AS A VOLUNTEER

Volunteers of all ages are valuable to Food Bank For New York City. If you would like to come with your family or classmates, spend the day with Food Bank giving back!

JOIN US IN HARLEM

The Supper Klub is the first soup kitchen for kids, by kids. Join us to help serve other kids an afterschool meal and stick around to enjoy a plate from our chef yourself!

Monday-Friday: 3:00pm-5:00pm

Age: 13-19

JOIN US IN THE BRONX

One Saturday each month, Food Bank transforms our 90,000 square-foot warehouse into a multigenerational service space. Help to repack thousands of pounds of donated food!

Ages: 13+ with a youth waiver or 5+ with an adult chaperon

Saturday: 10am-12:30pm, 1:30pm-4pm

WAIVERS

All volunteers under age 18 must submit a youth waiver at each project. To receive the youth waiver please email volunteer@foodbanknyc.org.





For more information regarding volunteer opportunities please contact us:

Volunteer Engagement Team

Food Bank For New York City

volunteer@foodbanknyc.org



**Join Food Bank For New York City
in the fight to end hunger!**