

VOLUNTEER PROGRAM

*By giving of your time,
you can make a big difference
in the lives of hungry children, seniors and families.*

Volunteers are an integral part of the success of Food Bank of the Rockies' mission of *Fighting Hunger, Feeding Hope*. FBR's volunteers come from all ages and walks of life, with diverse ethnic and religious backgrounds. Seniors, retirees, teenagers, homemakers, corporate employees, faith-based groups, entrepreneurs, college students and affiliates of other nonprofit agencies and professional organizations donate their time throughout the year.

Last year our volunteers contributed 73,500 hours to our hunger-relief efforts; the equivalent of 35 full-time employees! Volunteers are the backbone of FBR, assisting in all aspects of our operations:

Distribution

Filling agency orders
Checking orders
Re-packing food products
Sorting food and non-food products
Light cleaning

Reclamation Mon., Wed. & Fri. only

Sorting, sanitizing,
inspecting and boxing food
and non-food products
Light cleaning

Break Room Host

Restocking snacks and
beverages
Tidying volunteer break
room area

Office

Computer data input
Filing
Assisting with mailings
Preparing information
packets



A Few Rules for Your Safety

Volunteers must be at least **14 years old**.

Shoes must be closed-toed.

(no sandals please)

Shirts must have sleeves.

(short sleeves or long sleeves are just fine

- please don't wear sleeveless attire)

Dress comfortably.

All volunteer shifts
must be scheduled in advance.



FBR is committed to recognizing and rewarding volunteers. Monthly and annual awards, lunches, tee-shirts, coupons and other gifts are a tangible way of saying **thank you** to our volunteers whose dedication we hold in high esteem.

FBR always needs more volunteers. Consider us when seeking a fun, productive activity for you or your group, family, and friends. It's great team building for co-workers! Our regular volunteer hours are Monday through Friday, 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. and Tuesday evenings until 7:00 p.m. We also have one Saturday shift each month from 8:30 - 11:30 a.m.

We'd love to have you join us in **Fighting Hunger and Feeding Hope**.

Please schedule a time to volunteer by contacting

Olive Crawford at (303) 371-9250 ext. 236

or send an email to volunteer@foodbankrockies.org

For more information visit www.foodbankrockies.org

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