



UTAH FOOD BANK

VOLUNTEER OPPORTUNITIES

Advance reservations are required.

Please note that there is often a 3-month waitlist for large group warehouse tasks.

Opportunity	Description	Commitment & Time Requirement
Warehouse Tasks	Sort food, build orders (including senior food boxes), re-pack bulk items & more at Utah Food Bank's warehouses. Requirements: <ul style="list-style-type: none"> • Must be able to lift 25-40 lbs. • 12 years of age minimum • Youth 12-15 years of age must be accompanied by an adult (1 adult per 5 youth) 	Mon-Thurs: Daytime or evening shifts starting at noon (90 minutes) Fri: Daytime shifts starting at 10am (90 minutes) Sat: Daytime shifts starting at either 8am or 10am (2 hours)
Family Shifts	Monday evenings and Saturdays only. Children 6 years of age and older may sort food with their families.	Mon: 1-hour shifts starting at 4:30pm, 5:30pm or 6:30pm Sat: 1-hour shift starting at 12pm Group size: 1 – 20 people
Food Drives	Neighborhoods, businesses, community groups, churches & schools are encouraged to host food & fund drives throughout the year.	Food drives can last anywhere from a few days to a few months—it's up to you. Please visit our website at www.utahfoodbank.org/give-food/ for more details & to register for your food & fund drive.
Mobile School Pantry	Our Mobile School Pantry program helps families in need by distributing food at individual local school locations at the end of the school day.	<ul style="list-style-type: none"> • 2-3 hours once per month (school year only) • Group Size: 8-12 people • Dates and times vary by school location
Food Box Delivery	Deliver free food boxes on a monthly basis to the homes of low-income homebound seniors and individuals with disabilities. <ul style="list-style-type: none"> • 1-time opportunities often available 	<ul style="list-style-type: none"> • 18 years of age or older • 6-month commitment of 3 deliveries per month • Proof of car insurance & valid driver's license • Recommend a minimum of 2 people to make deliveries • Call clients monthly to arrange a delivery time • Deliveries must be made Monday-Saturday (no Sundays)
Decorate Food Boxes	Decorating food boxes for deliveries to seniors offers a great service opportunity for children who are not old enough to volunteer in the warehouse.	Cardboard boxes for decorating are subject to availability & need. Up to 20 may be checked out during the Volunteer Desk's operating hours.

Please contact the location below where you are interested in volunteering as hours may vary.

SLC Main: 3150 S 900 W, Salt Lake City, UT 84119 • 801.887.1234 • volunteerinfo@utahfoodbank.org

Southern Distribution Center: 4416 S River Rd, St. George, UT 84790 • 435.275.4888 • volunteersdc@utahfoodbank.org

Timpanogos Distribution Center: 1900 W 900 S, Springville, UT 84663 • 801.978.0594 • volunteertdc@utahfoodbank.org

Southeastern Distribution Center: 295 E 200 N, Blanding, UT 84511 • 435.674.5498 • volunteersedc@utahfoodbank.org

www.utahfoodbank.org