Volunteers

Join us in providing food for better lives by volunteering!
By giving your time and energy to assist families throughout the Houston Food Bank’s 18-county service area, you will make a difference in the lives of people throughout southeast Texas. We take volunteers as young as 6 years old!

The Need:
• **1.1 million people** lack consistent access to nutritious food in Houston Food Bank’s service area, including **1 out of every 4 children**.
• **2/3 of food insecure families** have at least one working adult
• **97% of those assisted** by Houston Food Bank have housing
• Food insecure people often have to make tough choices on how to spend their money such as deciding between paying for groceries or paying for medical care

The Response in Fiscal year 2019

84,501 individual volunteers
623,000 volunteer hours

volunteer time equivalent to 300 full-time employees

It’s easy to volunteer! Go to houstonfoodbank.org/volunteer

• Complete the individual Scheduling Request (choose your shift)
• Register as a volunteer (online waiver and profile form)
• Come and volunteer
• Bring your friends. Have fun, team build, or make it a competition. You get right to work when you come in, and the feeling is great!

Become a specialized Houston Food Bank Volunteer

• **Apple Corps Leaders** A dedicated group who donate time regularly and lead their own projects
• **Student Heroes** High school students get training in volunteer based leadership roles
• **Core Specialists** Volunteers with specific areas of expertise are matched with projects
• **Backpack Buddy Monitors** Volunteers evaluate program compliance to ensure quality at each Backpack Buddy school

For more information contact our Volunteer Service Department at 713-547-8604 or visit our website at houstonfoodbank.org/volunteer

A gift of $10 provides 30 meals for someone in the community

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