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 and have a variety of on-site and off-site opportunities!

The Need:
• More than 1 million people lack consistent access to nutritious food in Houston Food Bank’s service area, including 1 out of every 5 children. This number skyrocketed to an estimated 2.75 million people during the pandemic.
• 2/3 of food insecure families have at least one working adult
• 97% of those assisted by Houston Food Bank have housing

The Response in Fiscal Year ‘20

88,061 individual volunteers
537,650 volunteer hours
volunteer time equivalent to 258 full-time employees

120,616 volunteer hours were donated during the first four months of the pandemic in 2020, despite having to drastically limit the number of volunteers allowed in the building at one time, providing an equivalent of an extra 175 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

Become a specialized Houston Food Bank Volunteer
• Apple Corps Leaders dedicated volunteers who donate their time and skills regularly to lead different projects
• Student Heroes High school students get training in volunteer based leadership roles

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

Our Mission: Food for better lives.
Our Vision: A world that doesn’t need food banks.
A gift of $10 provides access to 30 meals for someone in the community
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