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:
- Around 1 million people lack consistent access to nutritious food in Houston Food Bank’s service area, including 1 out of every 5 children.
- In Texas, the monetary value of an hour of volunteer time in 2020 equaled $26.43, a 3.8% increase from 2019.
- 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 ‘21

- 31,591 individual volunteers
- 240,905 volunteer hours
- Volunteer time equivalent to 116 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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