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 2021 equaled $28.14, a 6.5% increase from 2020.
- 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 ’22**

- 60,456 individual volunteers
- 386,389 volunteer hours
- Volunteer time equivalent to 186 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

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**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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This institution is an equal opportunity provider