

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!

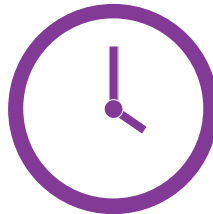
The Need:

- **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 2022 equaled **\$31.80**, a 6.2% increase from 2021.
- **2/3 of food insecure families** have at least one working adult
- **97% of those assisted** by Houston Food Bank have housing

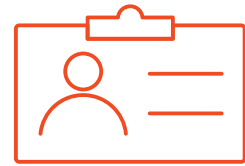
The Response in Fiscal Year '23



82,510
individual volunteers



476,877
volunteer hours



volunteer time equivalent
to 264
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


houstonfoodbank
Filling pantries. Filling lives.
This institution is an equal opportunity provider

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
535 Portwall • Houston, Texas • 77029 • 713 223 3700