



# *Volunteer Update*

August 2010

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**“We make a living by what we get, but we make a life by what we give.” ~ Winston Churchill**

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## *1. Food for Thought*

Did you know that adults who volunteer during their childhood are more likely to volunteer in their adulthood?

Source: <http://www.serviceleader.org>

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## *2. CSFP Double-Box Builds*

Food Bank of Alaska is preparing for our busiest time of the year. This means that we will be doing double-box builds in September in anticipation of the holiday months that are fast approaching. Specific volunteer dates will be in next month's Volunteer Update, so get ready!

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## *3. FBA Volunteer Opportunities*

If you would like to spend some time with Food Bank of Alaska, either as an individual or with a group, please contact Bethani at [bschruf@foodbankofalaska.org](mailto:bschruf@foodbankofalaska.org) to schedule a time to come in. Below are the volunteer opportunities that FBA has to offer.

## Daytime Volunteer Opportunities:

### ***Individuals:***

Food Bank of Alaska needs volunteers regularly to sort food and arrange it in our agency shopping room. You can come once or set up a schedule to come multiple times. Our volunteer hours are from 1-4 pm. Monday thru Friday, except on Wednesday when it is 1-3:30 pm.

### ***Groups:***

Want to show your coworkers or friends the amazing work that you do at FBA? We would be happy to schedule group volunteer opportunities during weekday afternoons (1-4 pm).

## ***Volunteers Needed!***

## After-hour Volunteer Opportunities:

### ***Weekdays***

**August 12 – Thursday: Family Night (Food Sort/Repack)**  
6 - 9 pm [20]

**August 19 – Thursday: Family Night (Food Sort/Repack)**  
6 - 9 pm [20]

### ***Weekends***

**August 21 – Saturday: CSFP Box Build**  
9 am – Noon [30]

1 - 4 pm [30]

## ***New Opportunity!***

## CSFP Box Home Delivery

This is a chance to get to know some amazing people. Food Bank of Alaska works with Salvation Army Older Alaskans Program to deliver CSFP food boxes to home-bound seniors. Drive your own car, pick up food boxes and cheese each month and deliver them to food box recipients. You will be responsible for a route with 4-8 deliveries (1-2 hours per month). Minimum 6 month commitment required. Contact Jennifer Lewis at 222.3109 or [jlewis@foodbankofalaska.org](mailto:jlewis@foodbankofalaska.org) for more information.

*This is an activity for someone who can drive and chat with individuals as well as commit time every month. It would also be a great family outing!*

## CSFP Box Build

FBA administers the Commodity Supplemental Food Program (CSFP), a federal program that provides supplemental food to seniors, pregnant and postpartum women, and children under six who need food assistance. This month, volunteers will pack supplemental food boxes with cereal, juice, canned fruits, vegetables, milk, meat, rice or pasta, and peanut butter. Join the fun and help provide food boxes to hungry community members throughout the state.

*This is a great family project or for larger groups who want to do something together. Teens and other individuals are encouraged.*

## Food Sort/Repack

Food Bank of Alaska receives frozen food in large commercial totes. The food needs to be repacked into individual sized bags and boxes. Additionally, we often have food that comes in from food drives and local retailers that needs to be sorted and put on the shelves for agencies to access. Space is available for up to 20 people.

*This is a family friendly activity; however children must be at least 6 years old to volunteer.*

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## 4. *Your Thoughts*

Please feel free to share your thoughts with us. If you have any suggestions or anecdotes to contribute, please call Bethani at 222-3110.

*To be removed from the list, e-mail [bschruf@foodbankofalaska.org](mailto:bschruf@foodbankofalaska.org) from the address to be removed and put "remove" in the subject field.*

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