

Gemma E. Moran United Way/Labor Food Center

Volunteer Descriptions



AFL-CIO Community Services and United Way Partnership

For volunteers ages 16 and older

Sorting Donated Food

On weekdays, volunteers inspect, sort and pack perishable and non-perishable food for distribution to direct feeding programs.

Office Assistance

Volunteers are often needed to write thank-you notes, file, copy, stuff envelopes, etc. to assist various departments at the main office. Volunteers to process mail do data entry, and fold and stuff letters.

Mobile Food Pantry

Volunteers are needed the day before and morning of our Mobile Food Pantry distributions. Volunteers will be sorting produce and other perishable items while packing the Food Pantry in preparation for distribution. Please ask when these times and dates are available.

Gleaning

Volunteers are needed periodically to help glean (pick and sort) fresh produce at local farms and orchards for food distribution to the many food assistance agencies throughout our service area.

Special Events

Thanksgiving is our busiest time of year and offers many volunteer opportunities. There are food drives where there is an increased need for food sorting at all of our locations during the holidays.

The **Walk Against Hunger**, held every spring to raise public awareness about hunger, encourages personal involvement in addressing hunger, and raises funds to help Gemma E. Moran United Way/Labor Food Center distribute food to approximately 95 food programs. Be a walker to raise money or volunteer as a registrar, crossing guard or for another role.

Food drives are held throughout the year to benefit the Gemma E. Moran United Way/Labor Food Center, such as the National Association of Letter Carriers in May.

If your group or organization is interested in hosting a food drive, we can help you set it up!

For volunteers age 13 to 15 years

Young people play a vital role as volunteers, helping with everything from sorting donated food and assisting with office mailings, to helping at food drives and special events. Children ages 13-15 **MUST** be accompanied by a parent at all times when they volunteer at the Gemma E. Moran United Way/Labor Food Center warehouse.

If you have questions about volunteering, contact Lamar Spruill at (860) 464-3315 or lamar.spruill@uwsect.org.