

# FOOD BANK OF THE ROCKIES™

## Volunteer Information

We're excited to have you volunteer with us at Food Bank of the Rockies! We offer a large variety of different volunteer activities which change daily, depending on our need. Together, we can answer the challenge of hunger and ensure everyone in our community thrives.



### AURORA DISTRIBUTION CENTER

20600 E. 38th Ave.  
Aurora, CO 80011



### MORNING SHIFTS

Morning shifts are from 8:15 a.m.-12:00 p.m. and can accommodate groups up to 30 with two months' notice.



### AFTERNOON SHIFTS

Afternoon shifts are from 1:00 p.m.-4:00 p.m., and can accommodate groups up to 20 with two months' notice.

## Scheduling

### INDIVIDUALS

1. Create your personal account at [foodbankrockies.org/volunteer](https://foodbankrockies.org/volunteer)
2. Access our calendar to sign up for shifts.



### GROUPS

1. View group availability on our calendar at [foodbankrockies.org/group](https://foodbankrockies.org/group) by completing a group application with preferred activities, dates, and time slots.
2. Once you submit your application, a member of our team will contact you to confirm.
3. If you have questions, please email our volunteer team at [volunteer@foodbankrockies.org](mailto:volunteer@foodbankrockies.org).

## Main Volunteer Opportunities



### ORDER SELECTION

Volunteers pull and build pallets of food to distribute to our Hunger Relief Partners (pantries, community orgs, etc.).

**Offered Monday-Friday, mornings only**

**High Impact: Involves regular lifting of product up to 40 lbs. providing a great workout!**

**For individuals aged 16+ | Groups will be split into pairs**

Morning shift: **8:45 a.m.-12 p.m.**



### VOLUNTEER CENTER

Volunteers inspect, clean, pack, repack, and sort donations from our Food Rescue Program and various other sources.

**Offered Monday-Saturday, both shifts**

**Mid Impact: Minimal heavy lifting; regular standing; accommodations available for physical restrictions**

**For individuals aged 10+ | Good for larger groups up to 30**

Morning shift: **8:45 a.m.-12 p.m** | Afternoon shift: **1 p.m.-4 p.m.**



### DOCK

Volunteers work on our agency dock to assist Hunger Relief Partners with incoming food and products.

**Offered Monday-Friday, both shifts**

**High Impact: Involves regular lifting of up to 40 lbs., providing a great workout!**

**For individuals aged 16+**

Our dock has a modified shift time of **8:15 a.m.-12:15 p.m**



### KITCHEN

Volunteers work with our chefs to prepare and create meals for our Food for Kids programming.

**Offered Monday-Friday**

**Low Impact: Minimal heavy lifting; regular standing**

**For individuals aged 18+**

Our kitchen has a modified shift time of **8:30 a.m.-12:00 p.m**



## EVERYDAY EATS

Volunteers assemble nutritious food boxes in an assembly line in our Volunteer Center for qualifying individuals aged 60+.

**Offered Saturdays, both shifts**

**Mid Impact: Various tasks with both high- and low-strain levels, suitable for everyone!**

For individuals aged 10+

**Scan the QR code to quickly and easily sign up for a volunteer shift with us!**



## Other Volunteer Opportunities



### VOLUNTEER GREETER

Ensure smooth shift starts, assist with check-in, guide volunteer flow, and answer questions. Good for outgoing people with a recurring volunteer schedule and folks with physical limitations.



### MOBILE PANTRIES

Help distribute food in high-need areas across the Denver metro region. For locations and availability, visit [foodbankrockies.org/volunteerhub.com](https://www.foodbankrockies.org/volunteerhub.com)

## Frequently Asked Questions

### AGE

10+

Volunteers must be 10 years of age or older to volunteer with an adult, or 16+ to volunteer on their own.

### STORAGE



We have limited locker storage space for personal items and recommend leaving personal items at home, in a car, or locked.

### CLOTHING



Dress comfortably for a warehouse setting. No offensive/political clothing is allowed in our facilities, and all volunteers are required to wear closed-toe shoes.

### PARKING



We have a large parking lot with plenty of spaces available for volunteers.

### WALK-INS



Due to the size and scope of our operations, we are unable to accept walk-in volunteers. Please make sure you sign up online.

### COURT-ORDERED



We consider court-ordered community service requests on a case-by-case basis. We are unable to accept any charges involving weapons, theft, violence, sex offenses, or felonies.

Hours volunteered with Food Bank of the Rockies can be applied toward fulfilling SNAP work requirements. Contact our SNAP team for additional guidance: [fbrsnap@foodbankrockies.org](mailto:fbrsnap@foodbankrockies.org) or 303-375-5851.

**We couldn't do it without YOU! Thank you!**

## Contact & Questions

[foodbankrockies.org/volunteer](https://www.foodbankrockies.org/volunteer) | [volunteer@foodbankrockies.org](mailto:volunteer@foodbankrockies.org)  
720-215-7729 | 20600 E. 38th Ave., Aurora, CO 80011