

Group Volunteering at Metro Caring

Groups are a valuable resource in helping accomplish the work at Metro Caring. Because of you, Metro Caring distributes 2+ million pounds of nutritious food to families and individuals while building a movement to end hunger at its root.

Scheduling a Group Volunteer date

If your group is interested in volunteering at Metro Caring, connect with Volunteer Coordinator Aja LeDoux at ALeDoux@MetroCaring.org. While we make every effort to accommodate specific date requests, we appreciate any flexibility you may have.

To **submit a request**, please fill out the [Group Application](#) and include:

- Group name
- Type of Group—work group, youth group (**AGES 14+**), friend group, school group?
- Physical Accommodations
- Number of individuals (** there is a **group max of 10 individuals per shift**. We cannot accommodate more unless you do multiple shifts such as AM & PM)
- Preferred volunteer dates, shift times, or time frame

Volunteer Shifts

Mondays, Tuesdays, and Wednesdays (**AM** 8:30-12:00 pm) and (**PM** 12:00-3:30 pm)

Wednesday Evenings (5:30-8:00 pm)

We cannot cater to different time frames. We kindly ask that you adhere to our predetermined shift times due to our market operations.

Interested in other ways to get involved?

We know that our group shifts may not work for every group, below are other ways your group can support our mission.

Host a Food Drive

Host a food drive offsite and come make the donation together. Metro Caring strives to provide culturally appropriate food to our community members, [here](#) you can find a list of appropriate foods based on the need of our community. You can also find a food donation guide [here](#) that provides you with more information of foods we accept.

A food drive is a great way to get individuals in your office involved, your family and friends, as well as your community. You can also pair a bag drive with your food drive. We can take plastic, paper, or reusable bags.

Hygiene Kits

Groups will also get together and host a Hygiene Kit making off site. These hygiene kits go out into our Fresh Foods Market and help many of our community members. Items to include in your hygiene kits are below.

- Bar Soap (unscented)
- Body Wash (unscented)
- Shampoo

- Period Products

Sack Lunches

Sack lunches are a great way to help our community members who may not have kitchens or housing. Sack lunches can also be a great way to get your team together. You can include a sandwich, chips, sweet treat, and fruit.

FAQ's

What will our group be doing during our volunteer shift?

There are a variety of roles to support our Fresh Foods Market that include sorting through food donations, restocking our shelves in the market to ensure they are full and plentiful for community members, checking people in for their appointments, helping individuals get the food to their car and many more!

Do group volunteers need to fill out the individual volunteering intake form or attend orientation?

Volunteers coming as a one-time group opportunity do not need to fill out the individual volunteer intake form or attend orientation. All volunteers will receive training for their volunteer role the day of.

Can we bring more than 10 people?

Our group maximum is determined for many reasons. We want to ensure that we create a great volunteer experience for everyone. This number ensures that everyone's time is being used in a valuable way, allows all of our regular volunteers to participate and maintains our building capacity to ensure that we are keeping everyone safe. We ask that groups adhere to the group maximum per shift. We can accommodate more people if you schedule multiple shifts such as AM & PM.

Can we take pictures of our group volunteering?

Of course! We just ask that individuals be mindful of who else is coming out in the picture, particularly community members and other volunteers. Always ask permission if anyone else is coming out in the picture. We want to ensure that we respect everyone's privacy. If you would like to take a group picture at the end, we are more than happy to assist as well!

What should we wear? Is there anything else that we should take?

We ask everyone to wear closed-toed shoes due to safety as we have a very active warehouse. If the weather is cold, a warm jacket as the warehouse runs cold. Also, a water bottle to stay hydrated! We do have lockers available if individuals would like to put away items during the shift. We do not provide locks, but volunteers are more than welcome to bring their own.

Where should we park?

We kindly ask all volunteers to **not** park in our parking lot. We reserve our parking lot for community members as they leave with an average of 90+ pounds of food. We have an amazing partnership with St. Joseph's Hospital a block away, and all volunteers and staff are allowed to park in the lot. Individuals do not require any pass; it is a free parking garage, and we can provide a parking map if needed.

Can our children come?

We have an active warehouse that requires attention to your surroundings. To ensure everyone's safety, individuals under 14 years old are not able to volunteer in our warehouse. There are other ways for children to be engaged with our organization and mission through our Gardening and Nutrition programs. Ask us about those opportunities!

We want to make a financial contribution!

We welcome contributions of any size. Consider joining our Greenhouse or our Roots to Rise Society, or make a one-time gift at <https://www.metrocaring.org/donate>. We also have multiple opportunities for corporate sponsorships that come with special marketing and recognition benefits. Explore those at [metrocaring.org/donate](https://www.metrocaring.org/donate) or email Sungmin Yi at syi@metrocaring.org