



JOIN US

Metro Caring Engagement Opportunities

Join Metro Caring for a variety of volunteer opportunities.

Host A Food Drive

Support our mission to provide nutritious food by sponsoring a healthy food drive. Whether you host one in your school, neighborhood faith community, or elsewhere, we are thankful for your contribution to address hunger in Denver! Running a healthy food drive is easy and fun! Visit www.MetroCaring.org for details. Other popular items that are always needed and appreciated are hygiene items such as soap, toothbrushes, toothpaste, and baby items specifically diapers of all sizes.

Donate Your Birthday

Donating your birthday means that instead of asking for gifts this year, your friends and loved ones can donate to Metro Caring instead. By donating your birthday, you are giving others the opportunity to celebrate your birthday with generosity to families in need.

Host A Fundraiser

Sky's the limit. Come up with your own fundraising idea that inspires you. We can work with you to setup a fundraising page to support anti-hunger in Denver. Please contact Sungmin Yi, Development Coordinator at syi@metrocaring.org.

Host A Breakdown Project

Metro Caring's Fresh-Foods Market is an oasis for many who struggle to know where they will get their next meal. Shoppers who visit us leave with nutritious food that promotes long-term health.

Unfortunately, we rely on food donations such as rice and beans, pasta, or flour. Host a youth or family project to help keep our shelves stocked! Projects involve purchasing items in bulk and re-packaging them for individual household use. Projects are easy to coordinate anywhere.

Become A Volunteer

Join Metro Caring during our various volunteer shifts available. Our age minimum is 14 years old with a waiver signed by a parent/guardian. To become a volunteer visit www.MetroCaring.org/volunteer. If you have any questions connect with Volunteer Intake Coordinator, Yazmin Castillo at ycastillo@metrocaring.org.