

## Want to help your neighbors? The Bedford Food Bank could use a few more good volunteers!

The Bedford Food Bank distributes bags of groceries and personal supplies to 100-150 households each Thursday afternoon from Town Center, 12 Mudge Way

## Here are some of the ways volunteers can participate:

**Driving:** Use your vehicle to pick up or drop off items, for instance:

- Pick up donated baked goods from Panera Burlington Wednesday evenings and drop off at Town Center on Thursday morning
- Pick up donations from Whole Foods Bedford and ChipIn Farm as needed
- Return empty produce cartons to Gaining Ground Farm in Concord

Bag packing: Help organize and pack bags for distribution to clients. Schedule varies.

**Home delivery:** Pick up bags for a list of households at Town Center and drop them off at the recipients' doors Thursdays between 1:00PM and 3:00PM.

**Preparation:** Help organize, sort and stage the goods pre-distribution; set up tables and carts. Thursday afternoons.

All Food Bank tasks happen Monday through Thursday. There are no weekend opportunities. Volunteers can choose convenient shifts with an online calendar sign up. We strongly prefer volunteers who are available somewhat regularly.

Volunteers must be at least 15 years old, pass a criminal background check, and be comfortable lifting up to 25 pounds repetitively.

Think you might be interested? Please email <a href="mailto:BedfordFoodBank@bedfordma.gov">BedfordFoodBank@bedfordma.gov</a> for more information.