

Upcoming Volunteer Opportunities

Entiat Valley Community Services
Food Bank

Entiat Valley Community Services Food Bank's volunteer opportunities from January through December. If you are interested to sign-up for a position or to receive further information contact the Volunteer Coordinator at 888-3999. Leave your name, phone number and message.

January - March

Summer Meals - feed children during the summer June through August - 2 hrs a day - 4 dys a week - volunteer to help one day a week or more. Sign up now for registration for Training in April.

Easter Egg Hunt - Hide eggs for kids 0 - 10 - Assist with contests, sign-ups, activities, meals, crafts and egg stuffing. 1 - 2 dys - 6 hours in April.

ESL - English as a 2nd Language - no experience needed, training provided, tutor English - 3 hours once a week. Immediate!!

TRIPS - provide homebound elderly transportation to doctor appointments, health clinic, pharmacy. Sign up for Training - must have car, current insurance and drivers license, pass background check. Must be 18 or older. 2 hours a month. Immediate!!

SAIL - Instruct senior citizens in fall prevention/balance low impact easy exercises. No experience needed, training provided. 1 day a week or month, 1 hour.

April - June

Community Garden and Share A Row cleaning produce and vegetables: Help plant, maintain and collect vegetables and produce from our garden, local gardeners and growers. Get the word out on the project to home gardeners and growers. (April - September) twice a month.

Employment Options: Become a mentor for job seekers, do mock interviews, help with résumés and job searches. Do Job Board.

8 week course - 3 hours a day - 3 times a week (April - May) and (October - November) - Immediate!!

Kids Kamp - Out of School & Meal Program: Training in April - Kids Kamp 2 hours at Summer Meals sites - then Kids Kamp 'Out of School' begins Sept - May 2 hours one day a week. Feed children, help children with arts and crafts, tutoring, homework, fitness/recreational and educational activities. Must attend training and pass background check.

Health and Wellness Information Fair - Help assist with setting up, sign-in clients, assist presenters, crafts, serve and prepare meals. 10 am - 6 pm - 1 day - May

Ongoing Opportunities!

Must attend training

Thursday Food Bank Staging: Packers - Help pack bags for clients for Friday - 10 am - Noon - twice a month. **Stockers** - Help us get as many canned goods sorted, pulled and stocked on the shelves! Volunteers should be able to lift cases and crates of food weighing up to 40 pounds. 11 am - 1pm once a month.

BREAD Staging and Delivery: Call Homebound clients shopping list twice a month - prepare bags and deliver food twice a month. Once a week - Thursdays - Calling clients Thursday before food bank distribution 9 am —11 am - Prepare food bags and delivery Thursdays of food distribution week - 10 am to Noon.

Food Bank - Help pack bags, hand out bags and carry bags for elderly clients—2 to 7 pm Fridays - twice a month. Must help set-up and clean-up.

Food Donations - Collect, sort, and log food donations - inventory food, track volunteer hours. Hours vary - 2—3 hours each time.

Friends & Neighbors Meals and Potluck Dinners: Help serve, prepare, and cook healthy meals, prepare meal deliveries to homebound. Recipe sharing, friendly conversations, educational programs and activities to share in and do. Presentations, workshops, learn a new craft or skill. Fridays 2 - 7 pm twice a month. May also be other times of week and more often, if the need requires. Hours will change in Summer. (January - December) Must attend training.

Clothes Closet: Sorting, stocking and inventory clothing items, collect and log donations. Discard unusable or unclean clothes. Once a month—4 hours. Operate clothes closet give-away once a month - 4 hours. Track volunteer hours, Sign in clients, open and close center, clean-up and re-shelf clothing.

Programs Waiting To Start!

KnaPaks for kids: Help us pack totes of food for kids for week-end meals. Great group project! Volunteers should be able to lift cases of food weighing up to 25 pounds and totes weighing about 15 pounds when full. Will need a project supervisor for this project and orientation training is a must. Project to start in Sept and goes through May.

Cooking Classes: Do you love to cook, we need you. We have various cooking classes for families, youth and seniors: Jan - Dec - 2 - 3 hours per month - one day. **Community Cooking Shop** - Teach parents, adults, seniors how to cook healthy affordable low-cost meals using USDA recipes. **Cook 'N Up Club** - teach children cooking skills in fun activities.

Senior Day Activities Programs - one day a week 9am to 4 pm center open for seniors to enjoy coffee, games, movies, outreach activities, awareness programs.

Family Night—one night a week family activities at the center, games, movies, fun, etc.

Computer Teaching Lab— teach people simple computer skills, word, email, etc.

ABLES loan closet and Free Library: Help collect and distribute medical equipment and books, log donations, inventory, sign-in clients. One day a month—4 hours.

Center Activities and Programs - Help Keep our Center Open Regularly to Help people in need. **Volunteers Wanted - Have Fun Helping People !!**

Volunteers Needed!!

Need volunteers in administration and to help at the center!!

Senior Services - we have a waiting list of seniors in need of critical services, snow shoveling, house cleaning and transportation.

Planning and helping with fundraisers, food and clothing drives, Arts & Crafts, Hat Project, family-youth activities, games, and special events.

Thank You for Helping Us Serve Those In Need!

Entiat Valley Community Services Food Bank is an IRS 501 c 3 non-profit public charity service organization registered in the Washington State Public Charity Program.

Volunteer Opportunities

Get Involved!

*Become a part of the Solution by
Making a difference in many lives
And within your community*



'Serving Those In Need'

By

Offering Choices for Independent Living

Located at:

2084 Entiat Way - Entiat, WA

Providing Food and Services Since 1985

2084 Entiat Way
PO Box 697
Entiat, WA 98822

Phone: 509-888-3999
Email: evcsfb@nwi.net

Entiat Valley Community Services Food Bank

(509) 888 -3999

Entiat Valley Community Services Food Bank Programs

At Entiat Valley Community Services Food Bank we love our Volunteers!

Opportunities abound for people from all walks of life, from young to old, businesses, organizations, churches and groups interested in sharing their talents and interests with our needy neighbors of Entiat Valley Community Services Food Bank.

Opportunities to help -

There are so many things you can do at EVCSFB. We specialize in matching our volunteers' skills and special interests with those of our programs.

Feel comfortable, feel at home....

There is no set time limit...give as much or as little as you have. Volunteer work can be done one to one with residents or in a group setting. An example of one of these programs is our:

Hat Project: *Make hats for children—shawls for elderly—knitting supplies & yarn are provided for you to do good deeds for kids and isolated seniors. You can knit at your home or in a group, and at your own time and pace.*

The secret to volunteering at EVCSFB is simple. Whatever you give comes back to you in ways you can not imagine.

Entiat Valley Community Services Food Bank has been a part of the Entiat Valley community since 1985. Our volunteers and programs play a critical role in assisting individuals and families who need help.

Our free direct-services provide comprehensive programs designed to support, protect, educate, and help people become independent and maintain self-worth without discrimination.

We could not provide these free services without the generous support of volunteers. Our programs foster personal satisfaction and encourages a sense of community involvement and responsibility.

Whether your interests are working in the food bank, clothing closet, cooking, helping older adults, working at a special event, or working with children in our programs, there is a wide variety of opportunities for you to become involved in and to pursue.

Thank you for your continued support!

For information:

Please call 509-888-3999

Ongoing Volunteer Opportunities

Clothes Closet - collect donations, sort clothing and inventory; hand out clothing to people and children, etc. once a month - Saturday 6 hours.

Food Bank - pack food orders for families in need; client intake; interpreter; carry bags for clients; deliver food boxes; receiving, etc. Thursday - Stocking, bagging, receiving 3 hrs. - Friday distribution 4 hrs.

Community Kitchen - provide nutritious meals; cooking classes; 2 hrs weekly

Reap-4-Food & Share a Row - glean and pick up donated grocery, bakery, dairy & produce from stores, businesses, home gardeners & growers. Hours vary

ABLES - loan closet program allows people to borrow durable medical equipment and home medical equipment; collect donated medical equipment inventory and loan out to clients; Saturday 2 hours.

BREAD - pack specialty boxes for homebound elderly - Thursday 2 hrs.

Shopping List—take orders from elderly for food bank bags

REACH - make friendly calls or visits to homebound elderly; be part of a phone tree, call 5 to 10 people to remind of upcoming events.

Free Little Library - Take a book, leave a book; people take a book, game, puzzle, video and leave one. Collect, loan out, inventory, stock and deliver to homebound elderly and disabled; 4 hours once a week.

SHARE - Help homebound elderly or disabled with light housekeeping, minor home chores, yard raking, provide nutritious meals and perform tasks that make a difference for the elderly.

New Ongoing SHARE Programs for homebound people

CHORE - light housecleaning services for disabled and elderly once a month

Snow Shovel Brigade - keep snow cleared for seniors when snow is bad

Neighbors Helping Neighbors - help a senior or neighbor clean their yard, rake leaves, help with gardening and landscape needs, painting, cleaning windows, etc. Make it a group, family, or neighborhood event.

Friends & Neighbors Buddy Program - become a 'buddy' to homebound elderly or disabled persons and provide transportation to special events, meals, programs at the center, play games, or share your hobbies with them.

TRIPS - drive homebound elderly, disabled to medical appointments, pharmacy or grocery shopping; 2 hours a month or when needed. Training provided.

SAIL - instruct exercise classes for seniors and disabled, training free-2 hrs week

ESL - English as a 2nd Language, tutor English no experience-training free-3 hrs

EOP - Employment Options tutor people in job skills, resume's, job searches

Hat Project—make hats for children-shawls for elderly at your home in a group.

WoodChuckers FIRE Wood - collect donated firewood and deliver it to needy elderly/disabled for heat and cooking. A youth or group project.

Youth Programs

KnaPaks - provide children a tote of food for the week-end; 2 hours.

B-Day Club - provide children a birthday party with all the trimmings, monthly.

Summer Meals - provide children meals during summer; 2 hrs 4 times a week

Kids Kamp - provide children craft activities during summer; fall through spring

School Tools Supplies - collect school supplies and distribute to kids.

Honoring our Students - celebrate & honor student achievers - quarterly.

Other Volunteer Opportunities - Training Provided

Administrative - Train in office duties, data entry, filing, assist in bookkeeping, stuff envelopes, mail, help compile flyers, newsletters, update website, etc.

Phone Persons - answer phones and respond to client inquires, assist in phone calls to clients, organizations, public donors and other agencies. Update messages on answering machine. Training provided.

Public Relations - train to help with hunger awareness campaigns and outreach activities, talking with groups, community and churches.

Volunteer Assistant - train to assist coordinator in training volunteers, filing, preparing orientations, applications, letters, greeting cards, logging and documenting hours, etc.

Fundraising & Grant Writing Assistance - assist in searching for grants, compile letters, reports, research, donation letters, and thank you letters. Assist with fundraisers, donor profiles and donation logs. Training provided.

Food & Non-food Drives-help plan and do Drives, collect donations, inventory, stock and help distribute.

Maintenance Helper - train in maintaining center and grounds

Community Garden Assistant - help plant, grow, weed, and glean garden.

Kitchen Assistant - assist with cooking and preparing meals for center, special events, celebrations, fundraisers, programs and parties. Help with cooking classes, and fundraisers i.e., breads, jams/jellies, and canning. Learn food safety and skills. Training provided and food card. Must commit to 100 hours.

Birthday and Cheer Club - help give elderly, disabled homebound and clients a birthday party, cards, gift basket and/or cheer cards. EVCS celebrates once a month clients, children and volunteers birthdays.

Contribute Your Talents - lend a hand with special event planning, decorating, producing and presenting program instruction, help with clean-up, add a creative touch to EVCSFB's programs, events, brochures, flyers, reader boards. Put your experience and creative talents to work for a good cause.

Youth Volunteer Opportunities - Join 'Youth In Action' must be 12 and above, have desire to help others, get involved in the community, have consent of parent if under 18. A good opportunity for youth to get job skills, & community service hours for graduation, while helping people in the community. We also have opportunities for children 6 -11 learn arts-make cards and gifts!

Thank you for your interest!

We welcome the opportunity to show you, your family and your friends EVCSFB programs and services. With the help of volunteers, EVCSFB will strive to reduce poverty, hunger, promote self-sufficiency and build community. If you have a desire to help those in need, and willing to learn new things, please consider joining our team.

For more information regarding our volunteer opportunities please call us at (509) 888-3999, Monday through Friday, 9am to 4pm. Please leave your message, name and number so we may call you back. Thank you.

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