

To register for shifts use your online account, for more information email Brittni at [bcoe@metrocrestservices.org](mailto:bcoe@metrocrestservices.org)

**WEEKLY or RECURRING Volunteer Positions:**

**FOOD PANTRY**

- Volunteers assist clients to shop in the pantry, sorting deliveries and donations received, and restocking the shelves as necessary.
- Available Shifts: Monday – Friday 8:00am-12:00pm, 10:00am-2:00pm, or 1:00pm-5:00pm
- This is the best opportunity for direct client interaction. Volunteers are able to interact with clients of all different ages, ethnicities, and backgrounds. The Metrocrest pantry helps an average of about 200 individuals per week be able to stock their kitchens with a week's worth of nutritious fresh produce, and food items.

**MINOR HOME REPAIR**

- Volunteers help clients maintain their independence at home and avoid citations from the city by performing light yard work, painting, installing safety features such as shower grab bars, as well as other small minor home repairs. Handyman skills are a plus but not required, as Rich the program manager will teach volunteers how to complete some of the tasks.
- Shifts are based on client appointments.
- In 2016, Metrocrest Volunteers completed 822 home repairs, helping 184 seniors continue to live at home safely, and independently.
- *Background Check Required*

**TRANSPORTATION**

- Volunteers assist seniors maintain quality of life by providing rides to doctor's appointments, grocery stores, beauty salon visits, or to local senior centers.
- For parties interested the transportation director will call Friday prior to confirm if you are able and willing to volunteer that week.
- Provides a great chance to meet our community neighbors served by the program. In 2016, volunteers helped our program provide 10,672 seniors with rides to critical life appointments.
- *Background Check Required*

**HOME DELIVERED MEALS**

- Available Shifts: Monday – Friday 11:00am (completion time depends on routes, generally lasts one hour)
- Commitment: Once per month, more often if desired. Routes cover Addison, Coppell, Farmers Branch, and Carrollton.
- *Background Check Required*
- Volunteers help provide hot meals, and a wellness check to homebound seniors. Metrocrest volunteers delivered 10,496 hot meals in 2016.

## **RESALE STORE**

- Volunteers assist clients to shop in store, receive, unload and sort donation items received by the store. May involve lifting of items of 25 lbs. or more.
- Available Shifts: Monday – Saturday 9:00am-1:00pm, 1:00pm-5:00pm, or 5:00pm-7:00pm.
- Metrocrest Resale's sales generate proceeds to support critical programs offered to our community.
- Store is located in the Bent Tree Plaza , 2661 Midway Rd. Suite 207 Carrollton, TX 75006

## **GROUP Volunteer Activities: SEASONAL PROGRAMS**

### **SACK SUMMER HUNGER - JUNE TO AUGUST**

- Now in its 6<sup>th</sup> year this program distributes nutritious, easy-to-prepare bags of food and produce to community youngsters who will not receive the free and reduced lunches through school over the summer holiday.
- Volunteers sort and prepare the bags of food, and produce for distribution, deliver the bags of food to clients, and help wrap up the program when it ends by disassembling any undelivered or returned bags.
- We are still setting shifts, but I will email you when they are available so that you can get your group on the schedule.
- A great opportunity to meet the members of the community you help by participating! Also a family friendly activity as children of all ages can assist with bag assembly and the delivery groups as they bring the bags to the families. To assist in other activities volunteers must be at least 13 years of age.

### **BACK TO SCHOOL - AUGUST**

- Volunteers will sort donations of school supplies, assembling school kits and backpacks prior to the distribution event.
- On distribution day volunteers help clients and children to pick out their supplies. 2016 volunteers helped 1,373 students receive backpacks, grade specific school supplies, and uniform pieces to get prepared for school.

### **THANKSGIVING/HOLIDAY STORE - NOVEMBER AND DECEMBER**

- Thanksgiving volunteers sort and prepare the bags of food, and produce for distribution to families. At the holiday store, volunteers will help sort and set up toys. They will assist the clients with shopping for the toys their families will receive on Christmas Morning. Last year, volunteers helped 2,691 children receive holiday gifts, toys, and food.
- Volunteers can also 'adopt' a senior and put together a holiday gift basket based on the senior's wish list. Volunteers can even deliver the baskets to the seniors! This is a great chance to give a smile, 216 seniors received holiday baskets of gifts, and food delivered to them by the community.