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 LBS of nutritious food to hungry families and individuals while also providing education and tools to co-create potential with community.

Scheduling a Group Volunteer date

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

To submit a request, please include

- Group name
- 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

Monday-Friday (AM 8:30-12:00 pm) (PM 12:00-3:30 pm)
Wed, Thurs, Fri (Evening 4:00-6:00 pm)
Tuesdays only (Evening 5:30-7:30 pm)
Sundays (SUN 1-4 pm)

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

Volunteer Requirements

All volunteers must be fully vaccinated against COVID-19 to volunteer at Metro Caring. We will ask for proof of vaccination and ask the organizers of the volunteer event to verify status’ with us. Masks are currently optional. We serve a high-risk population and want to ensure that we are keeping everyone safe.

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 intake form or attend orientation?

Volunteers coming as a one-time group opportunity do not need to fill out the 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 max 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 cap to ensure that we are keeping everyone safe. We ask that groups adhere to the group max per shift.

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. Josephs 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!

Look to join our Roots to Rise Society or Greenhouse Giving Community!
Head to https://www.metrocaring.org/donate or email jackerman@metrocaring.org

We want to donate food or host a food drive!
You are more than welcome to bring donations with you on the day of your shift or anytime during our operational hours, M-F 8:30 am - 12:00 pm, 12:30 - 3:30 pm. Head to www.metrocaring.org/donate#food where you can see our most needed items and fill out our Food Drive Form!

**How can we continue building on this work after we leave?**

As an anti-hunger organization our goal is to revert the power of food and choice into our communities. We must closely and intentionally examine issues such as affordable housing, food sovereignty, and discriminatory legacies that create barriers to access healthy and nutritious food. We ask you work with us and join our movement to end hunger by disrupting its roots.

Head to www.metrocaring.org/what-we-do#activation to learn more about your role in shifting the power.