

Family Volunteer Opportunities

2-1-1 or 1-888-826-9790

www.211ut.org



American Diabetes Association

801-363-3024

Help with special events such as Step Out - Walk to Fight Diabetes (Sept.), the Diabetes Expo (Feb.), and the Tour de Cure (June).

Minimum age: 16 or none with parent/guardian

Cancer Wellness House

801-236-2294

Help with office work, maintenance, yard work, special events, and fundraisers.

Minimum age: 16 or none with parent/guardian

Canyon Creek Assisted Living Center

801-568-9909

Help with resident activities.

No minimum age with adult

Catholic Community Services

801-977-9119

Serve, clean, prepare and help organize food storage at dining room. Help sort and organize clothes and clean day shelter. Mentor & tutor refugee families, organize donation drives for hygiene kits, baby layettes, cleaning & paper products & non-perishable food drives. Collect school supplies for refugee children.

Crossroads Thrift Store

801-359-8837

Help with sorting donations and cleaning. Hours for volunteers may vary.

Minimum age: 14

Discovery Gateway

801-456-5437

Go to www.discoverygateway.org to volunteer.

Help with exhibits, maintain galleries, cleaning, playing with kids, and museum hosting.

Minimum age: 14

Housing Authority, S.L. County

801-284-4456

Help with cleaning, Eagle Projects, and book drives.

Minimum age: 18

Leukemia and Lymphoma Society

801-519-6600 ext. 260

Help with office work and mailings.

Minimum age: 16

March of Dimes

801-746-5540

Help low-income clients redeem points for incentive items at Taylorsville location or collect donations of infant clothing and care items by organizing a donation drive or planning a community baby shower at your church, school, club, neighborhood, or community organization.

Minimum age: 16 for boutique volunteers or no minimum for donations or baby showers

National Ability Center

435-649-3991 ext 609

Help with horseback riding, caring for horses, ranch facility maintenance, and office work or climbing wall, cycling, skiing, and many other activities.

Minimum age: 15

Neighborhood House

801-363-4589

Help with yard work, maintenance, housekeeping, or special projects with residents and reading and interacting with children.

No minimum age with adult

Neighbors Helping Neighbors

801-585-9505

Help with yard work or painting, visiting, and making crafts with elderly. Volunteers especially needed to deliver birthday and holiday cards and for inside spring cleaning.

Minimum age: 14 for inside work or none for outside

People with AIDS Coalition

801-484-2205

Help with office work, library work, and event planning.

No minimum age. Parents must sign waiver for volunteers under 18.

Utah Council for the Blind

801-292-1156

Help with ceramics classes, group activities, Braille transcription, reading to the blind, and transportation and shopping.

Minimum age: 8 with parent/guardian

Utah Food Bank

801-978-2452 (ask for volunteer department)

Monday night is Family Night at the Food Bank. Families are welcome to sort food from 6:00 to 7:30 p.m. Deliver food boxes, help seniors with yard work, or for very young children, make greeting cards for seniors.

Minimum age: 6 for sorting or none for food box delivery

Utah G.A.R.D.E.N.S., Inc.

801-604-5825

Help plant and cultivate a community garden and assist with garden projects to grow food for the needy.

Minimum age: 13 alone or none with parent/guardian

Please note the following:

- Many agencies have specific guidelines and may not accept individuals who do not meet an age requirement or hold violation charges that may pose a threat to the agency and their clients.
- Many agencies require advance scheduling and may turn you away if you do not give sufficient notification.
- You can always check with your local churches, government agencies, care/hospice centers, parks and recreation facilities, and schools for more opportunities.

Last update: **February 2010**



UTAH FOOD BANK