



## **Volunteer Guidelines**

Thank you for your interest in volunteering for the YMCA Beyond Hunger program. Please read about the program and the guidelines and learn what to expect when volunteering for the program.

### **About the Beyond Hunger Food Pantry Program**

The Beyond Hunger food pantry program began at the Southwest YMCA following the YMCA of Metro Denver's response to the pandemic and growing food insecurity in the Denver metro area. Our goal is to provide sustainable access to balanced, nutritional foods for the community. Individuals, families, senior citizens and youth all have the opportunity to receive items on a weekly basis.

### **When and Where is Beyond Hunger**

The program operates on Thursdays from 3 to 6 pm at the Southwest YMCA located at **5181 W Kenyon Ave, Denver, CO 80236**.

### **What to Expect When Volunteering**

The Beyond Hunger program has two volunteer shifts.

#### **3:00 – 4:00 PM:**

- Volunteers will be in the kitchen unpacking the food and putting the food into the bags.
- There will be a recipe on the tables specifying how much of the food will go into each bag.
- Bags will then be moved over to the front lobby.

#### **4:00 - 6:00 PM:**

- Cars will begin arriving around 4 PM at the front of the Southwest YMCA.
- Volunteers ask for the person's name, or who they are picking up for.
- With the list provided, volunteers can see how many bags they are picking up.
- Volunteers will help bring the bags from the lobby to the cars.
- Once the bags have been loaded, we let participants know that they are all good to go and to have a pleasant rest of their day.

Please keep in mind that asking for food or asking for food assistance is not easy. We encourage volunteers to have a warm and welcoming approach when interacting with participants or people inquiring about the program.

**How Do I Sign Up to Volunteer?**

On our website at [denverymca.org/beyondhunger](http://denverymca.org/beyondhunger). Click on the link which takes you to a form to select a shift to sign up for!

**Thank you again for volunteering with us!** This program would not be possible without our volunteer support.

Questions? Contact Peter Duda, [beyondhugner@denverymca.org](mailto:beyondhugner@denverymca.org) or at 720 524 2761.