



Volunteer Guidelines and Expectations

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

About the Beyond Hunger Food Pantry Program

The Beyond Hunger food pantry program began in response to the pandemic in 2020 and growing food insecurity in the Denver Metro Area. Our goal is to provide sustainable access to balanced, nutritional foods for the community. Anyone in the community has the opportunity to receive food from our program on a weekly basis, no questions asked. The Beyond Hunger program is located at the Southwest Family YMCA, 5181 W Kenyon Ave in Denver. Distribution occurs every week on Thursday from 4-6pm inside the YMCA.

The Beyond Hunger program receives food from partner organizations, like We Don't Waste and Food Bank of the Rockies, as well as donations from our community. Our team of staff and volunteers then make well-rounded bags from these food items with a mixture of fresh and shelf-stable grocery items to distribute to families and individuals in need of food assistance.

What will you do as a volunteer with the Beyond Hunger Program?

The Beyond Hunger Program would not be possible without the help of our volunteers and we so appreciate your interest in volunteering with our program. Our program supports the YMCA's mission to uplift the communities we serve and this work simply wouldn't be sustainable without our volunteers!

There are two different volunteer shifts you can sign up for. Read more about the responsibilities and expectations for each shift below:

Volunteer shift 1: assembling the food bags: 3pm-4pm

- All food items to be distributed that day will be laid out across tables. The Beyond Hunger Manager will let volunteers know how many of each item to place into each bag. Working in an assembly-line, volunteers pack the bags of food.
- Please note, during this shift volunteers may be asked to physically lift boxes/crates of produce and canned good items, but we will never ask you to do anything you are not comfortable with or not physically able to do. Your safety is our priority! Another volunteer or staff person is always available to assist in any tasks.
- If you are a new volunteer with the program, we suggest arriving 15 minutes before the shift to talk with the Beyond Hunger Manager and become oriented to the program.



Volunteer shift 2: distributing the food bags: 4-6pm

- Participants walk into the lobby of the Southwest YMCA to check-in for their bag. They will have signed up for 1 or 2 bags via our SignUp Genius page for bag reservation.
- During this shift, volunteers will greet participants and ask for their names. There will be a list of names and number of bags they receive on a clipboard – the volunteer will check the list for the participant’s name and see how many bags they should receive. The volunteer(s) will hand the bag(s) to the participant or assist them in carrying the bags out to their vehicle, if support is needed. The name should then be highlighted so we know that participant picked up their bag(s).
- During this shift, volunteers may be asked to help with other tasks that support the program, as well, such as helping with inventory and organization of the pantry or cleaning returned bags.
- This shift is a great opportunity to really engage with our participants and help connect them with the Y, so we encourage volunteers in this shift to engage and make conversation with participants, help them feel welcomed, and connect them with a staff person if there are any questions or comments the volunteer cannot address themselves.

How to sign up for a volunteer shift:

On the Beyond Hunger website there is a button for sign up to volunteer.

<https://www.signupgenius.com/go/beyondhungervolunteer#/>

There you will be taken to a sign-up genius website. There you will see dates and the two shifts to sign up for. Pick an empty slot and sign-up!

Thank you again for volunteering with us! We hope you have a great experience volunteering with our program and choose to return as a volunteer any Thursday – simply use the link above to sign up for a future shift.

Questions? Contact Peter Duda, Beyond Hunger Manager at pduda@denverymca.org or at 720 524 2761.