

## VOLUNTEERING

CAN **ONE** PERSON  
REALLY MAKE A DIFFERENCE?

*It happens here every day*



**Make a call**  
**Make a visit**  
**Make a difference**

### To schedule an appointment to volunteer:

Traci Hendricks • 908-355-3663, ext 221  
thendricks@cfbnj.org

### For off-site opportunities:

Sue Yurasits • 908-355-3663, ext 235  
syurasits@cfbnj.org

### For Corporate Team Building:

Faye Kuhn • 908-242-3944  
fkuhn@cfbnj.org



31 Evans Terminal  
Hillside, New Jersey 07205  
www.cfbnj.org



The Community FoodBank of New Jersey provides a meaningful volunteer experience in a positive, safe environment that is perfect for individuals, families, and groups of almost any size.

When we deliver boxes of food, we're not just filling empty stomachs. We're filling empty hearts with hope. That's help that goes far beyond the dinner table to rebuild lives and have a lasting positive impact on our community.

In 2013 we had nearly 35,000 volunteer visits at our warehouse and at off-site events. In all, volunteers donated some 85,000 hours of service in 2013.



Your Hands.  
Your Time.  
Your Caring.

How 2 hours  
can help change  
someone's life



## When YOU CAN VOLUNTEER

Monday - Friday • Between 9am & 4pm

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Tuesdays • Between 4:30pm & 8pm

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Saturdays • 9am - 11am or 11:30am - 1:30pm

Please be sure to call ahead to schedule your visit.

### 2014 Family Days\*:

February 15<sup>th</sup>, March 22<sup>nd</sup>, May 4<sup>th</sup>  
May 31<sup>st</sup>, June 14<sup>th</sup>, and June 28<sup>th</sup>  
July 12<sup>th</sup>, July 26<sup>th</sup>, August 9<sup>th</sup>, August 23<sup>rd</sup>,  
September 7<sup>th</sup>, December 7<sup>th</sup>

\*On Family Days children 6 years and older are welcome to volunteer with an adult.



## What YOU WILL DO

Volunteers work for 2-hour shifts. During that time, you will be assigned to a specific area, such as:

- Sorting and repacking food for distribution to more than 900,000 hungry people in New Jersey
- Assembling BackPack inserts and senior boxes.
- Helping in the Kathleen's Closet thrift shop
- Packaging new clothes for children in our Kids Division.
- Preparing our fundraising mailings
- Stocking school supplies in the Tools 4 Schools Resource Center
- Collecting food and turkeys at community food drives
- Setting up off-site programs like Check-Out Hunger®

## GOOD TO KNOW

The minimum volunteer age is twelve, with adult supervision. The CFBNJ warehouse is 285,000 square feet and there is always warehouse equipment in operation. We want to make sure that everyone stays safe.

Comfortable, safe footwear is absolutely necessary. No open-toed shoes, heels, sandals or flip-flops are permitted in the warehouse. Sneakers, shoes or work boots are preferred.

The CFBNJ dress code is casual and comfortable, but appropriate for a work environment. Please do not wear any suggestive or controversial clothing, including short shorts and tank tops. Long jewelry, necklaces or earrings are not allowed as they may pose a safety concern in the warehouse.

Please leave all valuables such as purses, bags, backpacks, music players, jewelry, etc. locked in your car or at home. The Community FoodBank of New Jersey is not responsible for missing personal belongings.

## SPECIAL INFORMATION FOR GROUPS

CFBNJ makes every effort to make it easy for large groups of volunteers to serve together.

- We offer meeting rooms that you can use before or after your volunteer shift.
- We can arrange for a CFBNJ representative to come to speak to your group before your volunteer visit.
- We offer a video overview before your volunteer shift begins or during lunch.

For more information about bringing your group to volunteer at CFBNJ, please contact our Volunteer Services Department at (908) 355-3663, ext. 221.

Please note that volunteer groups with teens ages 12 through 16 must be accompanied by one adult for every 10 teens.

**START SERVING NOW**

For directions and parking information, please visit:  
[cfbnj.org/help/volunteer](http://cfbnj.org/help/volunteer)