



We appreciate your interest in Lovin' Spoonfuls!

Handling fresh and prepared food requires compliance with regulations set forth by the state of Massachusetts and Lovin' Spoonfuls employs professional drivers who are licensed, insured, and ServSafe certified. This means that we are currently unable to take volunteers for food rescue due to these strict regulations.

However, we work with over 100 beneficiaries who are often looking for extra help with a variety of services and projects. To help us better aid these partners, below you will find some specific information provided by each organization on how you (or a group of volunteers) could help their organization and the community that they serve.

About this Document: Updated in August of 2017, we reached out to all of our beneficiary partners to inquire about their volunteer needs. The information for each organization is a combination of feedback they gave us, as well as information available on their websites. **Click on the organization titles to reach the websites for more information.**

Listed below in red, you will find organizations who have some difficulties meeting their volunteer needs and may require some extra lovin'. Also note that we have listed a few organizations who can take on larger volunteer groups.

1. **Needs some Lovin'**
 - a. **Boston Rescue Mission**
 - b. **Cambridge Community Center**
 - c. **Cambridge Women's Center**
 - d. **Center Street Food Pantry**
 - e. **Crossroads - East Boston**
 - f. **Father Bill's**
 - g. **Friday Cafe**
 - h. **Needham Council on Aging**
 - i. **Sanger Center for Compassion**
 - j. **St. Francis House (Summer)**
 - k. **Sudbury Food Pantry**
 - l. **Transition House**
 - m. **Waltham Boys and Girls Club (Summer)**
 - n. **St. Luke's Pantry and Meal Program (Summer)**
 - o. **The Salvation Army, Quincy**
 - p. **Emarc**
 - q. **BostonWarm**
2. **Take on large groups:**
 - a. **Action for Boston Community Development (ABCD)**

- b. Centre Street Food Pantry
- c. Pine Street Inn
- d. Sanger Center for Compassion
- e. St. Mary's Center
- f. International Institute of New England - Boston

[Action for Boston Community Development \(ABCD\)](#) (Several locations: Allston/Brighton, North End/West End, South End, and Parker Hill)

How you can help: ABCD has many different programs that aid children, families and communities. They are constantly updating their website with open positions. Follow the links below, each position description includes location and contact info.

- [Individual Opportunities](#)
- [Group Opportunities](#)

Groups: Accept large and corporate groups, see above link for more details.

Notes: have a monthly volunteer day at the [West End House](#) that occurs once every month and allows individuals to single into a volunteer group that support three hours of programming at the Club. Volunteers help in a variety of afterschool programs with two main objectives: 1) interacting with, supporting, and providing individual attention for members, and/or 2) supporting staff and helping facilitate programming. Activities can include sports and fitness programs, art projects, hanging out and getting to know kids in casual environments, and homework help.

Contact: Carmen Farias - Volunteer Coordinator, volunteer@bostonabcd.org, 617-348-6591

Contact for West End: Chris Moskal - Community Engagement Coordinator, cmoskal@westendhouse.org, 617-870-7498

***if interested reach out to Chris and mention the monthly volunteer days. You will be added the the volunteer day list. Every month Chris will reach out to that group with a Doodle poll that has a few potential dates, and the day with the most interest becomes the Volunteer day for that month)*

[Allston Brighton Food Pantry \(Allston-Brighton\)](#)

How you can help: Read more online for volunteer descriptions. Positions include: Pantry Stocking, Food Basket Making, and Food Basket Distribution

Contact: Use website link above, or volunteer.abfoodpantry@gmail.com, 617-254-4046

[Boston Rescue Mission \(Boston\)](#) - BRM offers shelter and community to end homelessness, the issues that drive it, and to help those with substance abuse problems.

How you can help: They serve 5 meals a day, and always need help in the kitchen and serving. Also looking for help with building maintenance, with skills such as carpentry and plumbing.

Notes: They are always looking for more volunteers given their volume. Have difficulty filling the day shifts: 9am-12pm, and 2pm-5pm.

Contact: Mauricia - Volunteer Coordinator, volunteer@brm.org

BostonWarm (Boston) - The BostonWarm centers provide critical, practical, personal and nonjudgmental support for hundreds of unhoused neighbors throughout Boston's brutal winters.

How you can help: need volunteers throughout the day when open (8am-1pm), Monday and Friday. Recommend that volunteers come for a morning (9-11am) or afternoon (11-1pm) shift, but people can come for as long or as short as they like. Will do two things (1) help with set-up/clean-up and serving, (2) visit with the guests. Visiting with guests is the biggest need, but some volunteers may not be comfortable with that, so logistical work is always a need as well.

Groups: can't take too large a group. Five or six is the max, but if groups are in town to work at multiple places BostonWarm can rotate people through on different days and times to give everyone a sense of what they do.

Notes: usually have their volunteer needs met, but sometimes not. Need minimums during holidays

Contact: Br. Paul Fesefeldt - paul.fesefeldt@capuchin.org or go to their website commoncathedral.org and click on BostonWarm under 'programs.' That'll explain what they're about and it also has a link ([here](#)) to their sign-up wizard

Bread of Life Malden (Malden) - Bread of Life's mission is to feed the body and to nurture the soul. We are a faith-based ministry, serving the communities north of Boston.

How you can help: Food Pantry - various jobs include delivery unloading, shelving, and sorting: Tuesdays, noon - 3:30pm. Evening Meals - individuals or a group up to 8 people, includes food preparation, meals to go: Tuesdays, 3 - 7pm.

Notes: Can also contact on how to help out at the Everett Food Pantry. Volunteer Applications available on website.

Contact: Margaret Stanton for individuals and Gabriella Snyder Stelmack for groups. info@breadoflifemalden.org, 781-397-0404

Bread of Life Needham (Needham)

How you can help: They provide a community dinner on the first and third Tuesday each month. We need volunteers to set-up, serve and clean up, volunteers are encouraged to sit, eat and chat with guests. Hours from 5:30 to 7:30.

Notes: Always looking for more/new volunteers. The guests are mostly senior citizens who live in the area who are in need of companionship.

Contact: Cathy Lunetta – Volunteer Coordinator, clunetta@verizon.net

Brookline Senior Center (Brookline)

How you can help: They have a strong existing volunteer network, and are only looking for volunteers for an extended time commitment.

Contact: Patricia Burns - Volunteer Coordinator, pburns@brooklinema.gov, 617-730-2743

Cambridge Community Center Inc. (Cambridge) - Serving the Cambridge Riverside community for over 87 years through promoting community cooperation and unity and empower youth, individuals, and families.

How you can help: General building maintenance, such as cleaning, painting, yard work. Other opportunities may open up.

Notes: Yes, only because our building is always in need of work. With such an old building, there are always things to do in term of maintenance.

Contact: Valentino Robinson - Director of Community Affairs, valentinor@cambridgecc.org, 617-547-6811 X14

Cambridge Women's Center (Cambridge) - The Women's Center is an anti-racist community center for women. We're fighting for women's rights and against all forms of oppression. The goal of the center is justice.

How you can help: Females only - staff the helpline and assist visitors in many ways, including emotional support, help using computers, and help finding resources. We ask for a 6-month commitment to one or more 2-3 hours shifts/week.

Notes: Typically have 2-3 volunteers on per shift. They often could use more volunteers as interns and volunteers often come and go.

Contact: Courtney Zehnder, Volunteer Coordinator, courtney.cambridgewomenscenter@gmail.com

CASPAR, Inc. (Cambridge) - The mission of CASPAR, Inc. is to improve the lives of individuals and families who have been affected by substance abuse and related issues such as homelessness or mental illness.

How you can help: Meal Service help. Volunteers are welcome and encouraged to bring already prepared meals for a roughly 100 clients.

Groups: Small groups of 5-8

Contact: Julia Londergan, Director of Development - 617-628-3850,
jlondergan@casparinc.org

Center Street Food Pantry (Newton)

How you can help: Unload food deliveries, restock shelves, sort food items, and help shoppers while they select food. Additionally, volunteers help out with other important jobs such as picking up our food orders at the Greater Boston Food Bank.

Notes: Have had difficulty finding someone with a large vehicle to transport food from the Greater Boston Food Bank to our pantry. And this is a very important job. Also in need of a graphic designer to help with our pantry signage/material.

Groups: Host larger groups of volunteers from companies and school groups but because of space constraints, but no more than 15-20.

Contact: volunteer@centrestfoodpantry.org

Crossroads - East Boston - Crossroads provides shelter, case management, housing search, stabilization services, and food pantry assistance to homeless, formerly-homeless and low-income families.

How you can help: Looking for ongoing volunteers to assist with food pantry operations on Sundays/Wednesdays from 12-4:30pm. Volunteers would stock food, check expiration dates, stuff bags, help distribute bags, and clean-up, etc.

Notes: They have difficulty meeting volunteer needs. Volunteer must be over 18 years old, and able to lift large, boxes of food (which can be heavy)

Contact: Cathy Miranda - Operations Manager, cmiranda@ebcrossroads.org, (617) 567-5926 ext.12

Crossroads Cafe - First Baptist Church (Jamaica Plain) - Open on Saturdays, the cafe provides a home-cooked, healthy meal to an average of 50 seniors.

How you can help: Kitchen prep and cleaning, help with cafe.

Notes: Very flexible.

Contact: Pamela Cannon - Kitchen Coordinator, wehavepride3@gmail.com

Emarc (Reading) - Emarc is committed to supporting, serving, and advocating for people with developmental disabilities and their families to ensure they are valued, respected and have the opportunity to fully participate in their communities.

How you can help: volunteers in all programs i.e. residential mentors, recreation assistants and many positions in their day habilitation.

Notes: Always looking for volunteers in their day program (Monday- Friday). They have lots of projects for corporate volunteer days as well and are working with a few corporations now, but are looking to expand.

Contact: Maureen O'Brien - mobrien@theemarc.org 781-587-2270

Father Bill's (Quincy) - Father Bill's & MainSpring is committed to ending and preventing homelessness in Southern Massachusetts with programs that provide emergency and permanent housing and help people obtain skills, jobs, housing, and services.

How you can help: Kitchen support – individuals and groups assist in preparing and serving meals to our shelter guests at our Quincy and Brockton locations. We also appreciate groups who are able to provide the meal as well as prepare and serve.

Notes: Also have a regular need for volunteer groups to prepare (at their own locations) and deliver bagged lunches to our shelters. Help in this program is often lacking. They especially need help in Brockton.

Contact: volunteer@helpfbms.org

Friday Cafe (Cambridge) -The Friday Café is a neighborhood gathering place where housed and unhoused neighbors can mingle, relax, and get acquainted in a low-key, judgment-free setting with food, coffee, and community.

How you can help: There are 20 volunteers each week: 2 on kitchen crew, to help prep the food that Lovin' Spoonfuls brings, 10 volunteers for first shift (12:00–2:30) to set up

the room, serve, oversee donations, serve food, hang out with guest, etc. 8 volunteers for second shift (2:25–5:30) to serve, hang out with guests, and clean up at the end.

Notes: They are often understaffed given how many guests they serve, and the work is pretty relaxed and fun!

Contact: Rev. Kate Layzer - Minister of Street Outreach, klayzer@gmail.com, or (617) 851-5074

[Friday Night Supper Program \(Boston\)](#) - The mission of the Friday Night Supper Program (FNSP) is to provide a warm nutritious meal to anyone in need in a safe and dignified environment every Friday night. They serve approximately 150 meals each Friday.

How you can help: Set up and clean up the hall, meal preparation. We take volunteer groups size 4-8 every week, book groups several months in advance. **When:** 5pm-8pm

Notes: No urgent need, but it is always nice to have new people involved. They sign groups up 2-3 months in advance.

- [Individual volunteer info](#)
- [Group/Corporate volunteer info](#)

Contact: Valentina Cordero - Director, info@fridaynightsupper.org

[Haley House \(Boston\)](#) - Haley House is dedicated to helping those made vulnerable by the harshest effects of inequality move toward wholeness and economic independence.

How you can help: Soup Kitchen Meals Program, educational programs, and Urban Agriculture program.

Notes: Have a more difficulties meeting volunteer needs in September due to changing of seasonal schedules.

Contact: volunteer@haleyhouse.org, Volunteer Application: [online here](#).

[International Institute of New England \(Boston\)](#) - IINE strives to build inclusive communities in New England by welcoming refugees and immigrants and providing them with the education and guided pathways to careers and citizenship.

How you can help: one-on-one tutoring and mock interviewing

Notes: They have an intake process for volunteers that begins with an interest inquiry through their [website](#). From there, applicants are directed to a volunteer info session, where they can fill out an application. Once IINE has an application, the person is on a

waitlist until a position opens up. At their site in Boston, there are 9 Evening ESOL Classroom Aid positions, 16 Afternoon Tutoring positions, Quarterly Mock Interview Day events at which IINE uses 15 volunteers, and seasonal community drive projects for those unable to volunteer during their hours of operation to help with client's' specific needs. For more information about IINE and to fill out that form, click [here](#)

Contact: Michelle Ross, Volunteer coordinator, [17-695-9990 extension 2110](tel:17-695-9990) or mross@iine.org

[Interfaith Social Services \(Quincy\)](#) - dedicated to improving life for South Shore families and individuals in need. Our unique approach relies on a team of volunteers, donors and community partners to deliver compassionate, client-centered programs focused on hunger, mental health and emergency assistance.

How you can help: Help in food pantry both assisting clients and re-stocking pantry shelves. Also sorting and assisting with thrift shop donations.

Contact: <http://interfaithsocialservices.org/volunteer/>

[Jewish Family Services \(Framingham\)](#) - provides vital social, health, and community services to alleviate suffering, enhance lives, and support people in need.

How you can help: The need help throughout the year, but their greatest need is with two key programs: Patient Navigator - a program that helps transport and assist elderly clients to their doctors appointments. And Reducing Achievement Gaps Program - an after school program that works with 3rd and 4th grade students at the Woodrow Wilson Elementary School two days a week. Emphasis on homework and enrichment programs, and 4th grade Math Academy.

Contact: Kayla Hopkins - khopkins@jfsmw.org, or 508-875-3100 x.220.

[Metrowest Family Promise \(Natick\)](#) - is a community response to family homelessness by providing safe shelter, meals, and comprehensive services to families with children who have lost their homes.

How you can help: Volunteers are needed 365 days a year to provide hospitality and other services, such as: providing/hosting meals, providing/hosting places for guests, help with laundry services, and administrative services.

Notes: You can also form a group to join their annual walkathon in April.

Contact: Judy Mongiardo - Network Coordinator, judy@familypromisemetrowest.org, 508-318- 4820

Needham Council on Aging (Needham) The Needham Council on Aging's mission is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

How you can help: Volunteers needed daily to help at the front desk (answering phones, general operation), help in the Kitchen (snack section, making coffee), and special events.

Notes: They have difficulty meeting volunteer needs. Closed on holidays and weekends.

Contact: Stephan Grably - Program Coordinator, sgrably@needhamma.gov, (781) 455-7555 x204

Pathways Family Shelter - SMOC - (Framingham) - To improve the quality of life of low-income and disadvantaged individuals and families by advocating for their needs and rights; providing services; educating the community; building a community of support; participating in coalitions with other advocates and searching for new resources and partnerships.

How you can help: Have an open mind and lend a hand by organizing donations/supplies; outside yard work; playing with the children; or running a group for the adults.

Contact: Kimberly Hicks, 508-879-5047, khicks@smoc.org

Respond Inc. (Somerville) - Working to end domestic violence through prevention, intervention, education services that promote safe, healthy relationships. New England's first domestic violence agency and the second oldest in the nation.

How you can help: Help with: programs and services, special projects, administrative duties, and so on. Sign up for their Newsletter to hear more about how you can help.

Notes: Position descriptions and volunteer applications are available online.

Contact: Jasmine Lopez Calderon, jasmine@respondinc.org

Roxbury Youthworks Inc. (several locations in Boston area) - Preparing young people of the Boston area to become productive members of the community.

How you can help: Due to confidentiality the positions that help aid children/young adults are one-time commitments. So, RYI has more difficulty filling on-going positions such as development aid (send thank you notes, and donor research), and social media assistance.

Contact: Mia Alvarado, Executive Director, MAlvarado@roxburyyouthworks.org

The Salvation Army (Quincy) - The Salvation Army is dedicated to serving suffering neighborhoods via their various life sustaining services, life enhancing programs, and life transforming solutions.

How you can help: in the food pantry, shifts run Monday - Friday from 9am - 11:30am. Responsibilities include packing bags of food for clients, restocking the shelves, and keeping the space in the pantry clean and organized. They also use a lot of volunteers at Christmas time, for our Christmas assistance program: helping with applications, organizing toys, and distributing toys and food to families on the assigned days (days and times for this changes every year, and have not been determined for this year,) but if a volunteer was interested in helping out during the Christmas season they should call around September and the Salvation Army will have the information for you.

Groups: does not take on large groups of volunteers - the size and scope of the food pantry does not sustain this. **BUT** can sometimes sustain big groups (like corporate teams) for some of our Christmas volunteer days.

Notes: have enough volunteers to meet our needs, but that could easily change if a volunteer decides to move on, as they sometimes do. Because this organization encounters seasons where they have fewer volunteers than needed, it is still important for people to reach out to make an appointment to meet with the food pantry coordinator (myself), visit the pantry and our building, and fill out our volunteer application [here](#).

Contact: Office, [617-472-2345](tel:617-472-2345), Address: 6 Baxter Street in Quincy, MA.

Sanger Center for Compassion (Quincy) - Dedicated to advancing a culture of compassion through strengthening the community by expanding access to a variety of services.

How you can help: Click here for more details on the following positions: Delivery Teams, Pantry Workers, Crisis Hotline Volunteer, Community Liaisons. **When:** Monday-Saturday 9:30am-5:00pm, for 2 hour blocks.

Groups: Up to 25 people.

Notes: Always need more volunteer help and are regularly adding new volunteers - of all age groups, including high school and college students. Contact David for an application.

Contact: David Wooster - AdvanceCompassion@SangerCenter.org, or 617-847-6967.

SPAN Inc (Boston) - SPAN is a nonprofit in Boston dedicated to assisting people who have been in prison to address the issues that brought them to prison...to assist them, and help them achieve healthy, productive, meaningful lives.

How you can help: Many reach out to SPAN Inc. to work with the clients, however, the only volunteer positions that they offer are administrative and developmental.

Contact: Amanda Ofria, aofria@spaninc.org

St. Francis House (Boston) - Francis House welcomes poor and homeless men and women and provide services, support, and a glimpse of what their lives can become: productive, healthy, fulfilling. They serve meals to the 600 guests that enter our doors each day, as well as other services.

How you can help: Basic Services Department, helping to provide food and clothing. out guests with the basic necessities- food and clothing. There are 3 kitchen volunteer shifts daily: 7-9am (prepare and serve breakfast), 9-11am (food prep), 11am-1:30pm (serve lunch). Clothing department shifts weekdays from 8:45am-11am

Notes: They have difficulties meeting their volunteer needs, especially in the summer, on weekends and in the mornings.

Contact: Individual volunteers can fill out an [application](#) online, and will then be invited to attend a volunteer orientation.

St. Mary's Center for Women and Children (Dorchester) - St. Mary's Center offers innovative and family-centered programs for women and children who have experienced trauma and are living in poverty.

How you can help: tutoring teens/adults, mock interviewing for the women in our Education & Employment programs, helping with drives/events, making in-kind deliveries, participating in children's play groups, and administrative help.

Groups: Takes on large groups and corporate teams.

Contact: Rachel Spero, rspero@stmaryscenterma.org, 617-436-8600 x238

St. Luke's Pantry and Meal Program (Chelsea) - St. Luke's provides free of cost, mostly non-perishable food by appointment. They distribute food only on Saturdays from 9 a.m. to 11:30 a.m.

How you can help: aid in food pantry distribution on Saturdays from 8:30 am - 1:00 pm, assist in setting up the pantry before the start of the distribution, help with clean up after all guests have been served

Groups: Does not take on groups larger than 6 people at a time. They can accommodate larger numbers by placing groups in their calendar, so that the groups can come in smaller groups on different days.

Contact: The Rev. Edgar A. Gutiérrez-Duarte, vicarsanlucas@aol.com, (617)884-3300

Sudbury Food Pantry (Sudbury)

How you can help: Volunteers to drive a 26' Box Truck to pick-up from the Greater Boston Food Bank. Drivers pick-up the truck in Framingham, drive into Boston to pick-up food, the food is delivered to the pantry, and then the truck is returned to Framingham.

When: Once every other month (flexible) on the 2nd and 4th Wednesday of every month, 9:15am-2pm.

Notes: Have the most difficulty meeting the truck volunteer needs. Do not take large groups, such as corporate teams.

Contact: Pat Mullen at p_mullen@msn.com or 978-314-5247

Transition House (Cambridge) - Transition House is Cambridge's domestic violence agency, providing emergency shelter, transitional and supported housing and youth prevention education.

How you can help: Volunteer needs vary throughout the year, from raking leaves in the fall at our emergency shelter (and shoveling in the winter), helping clients with moves (moving furniture), translation services, help with children, and to filing and mass mailing projects at the administrative office. **To fill out a [Volunteer Application, click here.](#)**

Notes: Sometimes have difficulty meeting volunteer needs. Need the most help during office hours Monday-Friday. They prefer an extended time commitment of several weeks to 3 months.

Contact: volunteering@transitionhouse.org

Waltham Boys & Girls Club (Waltham)

How you can help: Always looking for qualified volunteers to assist in our core program areas: Education, STEM, Music, Aquatics, Athletics, Social Recreation, Teen Center, and our Meal Service.

Notes: Most effective when volunteers can complete weekly hours over an extended period of time so that relationships can be built. However, we are able to utilize one-time volunteers including corporate groups. May need extra help in the summer/holiday breaks months, when more children are in need of programming.

Contact: Nick Cacciolfi, 781-893-6620, ncacciolfi@walthambgc.org

Wellesley Food Pantry (Wellesley) - Their mission is to serve members in the Wellesley community who are food insecure. They serve more than 400 clients in 200 households.

How you can help: The Wellesley Food Pantry is currently fully staffed. It is a small organization that is only open one morning and one evening a week. They do host an annual event, "Scouting for Food Drive" on a Saturday in November, where they accept over 300 volunteers.

Contact: Janet Horelick, Volunteer Coordinator, horelick@comcast.net

Woburn Council for Social Concern (Woburn) - Responding to the basic needs of people of all ages, providing early childhood education and care, helping individuals develop their potential, creating positive family and community relationships, and fostering respect for diversity.

How you can help: Need volunteers for Thanksgiving Distribution, Thanksgiving/Christmas Delivery Drivers, Postal Food Drive in May and October

Contact: Debbi Pisari, 781-935-6495 ext 208

Women's Lunch Place (Boston - Back Bay)

How you can help: Kitchen volunteers. The work includes serving guests, preparing food (washing, chopping etc.) doing dishes, cleaning. **When:** Two 4-hour shifts 7-11am and 11am-3pm. We take individual volunteers, usually for one weekly four hour shift.

To fill out a [Volunteer Application, click here.](#)

Contact: Lisa Brown - Volunteer Manager, Lisab@womenslunchplace.org

