



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 April, 2019. 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 Inc.**
 - c. **Cambridge Women's Center**
 - d. **Center Street Food Pantry**
 - e. **Common Cathedral**
 - f. **Crossroads - East Boston**
 - g. **Father Bill's**
 - h. **Freedom Hill Community Church**
 - i. **Jewish Family Services**
 - j. **Needham Council on Aging**
 - k. **Roslindale Community Center**
 - l. **St. Francis House**
 - m. **Sudbury Food Pantry**
 - n. **Transition House**
 - o. **Wellesley Food Pantry**
 - p. **Woburn Council for Social Concern**
 - q. **Women's Lunch Place**

2. Take on groups:
 - a. Action for Boston Community Development (ABCD)
 - b. Allston Brighton Food Pantry
 - c. Brookline Senior Center
 - d. Canton Food Pantry
 - e. CASPAR, Inc.
 - f. Haley House
 - g. Interfaith Social Services
 - h. Southwest Community Food Center
 - i. St. Mary's Center for Women and Children

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 update their website continually with open positions. Follow the links below, each position description includes location and a link to the application form.

- [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: Madeline Eleazar - madeline.eleazar@bostonabcd.org

Allston Brighton Food Pantry (Allston-Brighton)

How you can help: On Fridays from 1:00 PM to roughly 2:30 volunteers can help organize the storage areas and prepare baskets with the non-perishable food items to be distributed. Saturday from 9:30 AM to 1:30 PM volunteers top off food baskets with perishable items, register constituents and help distribute baskets to 80-plus families in the neighborhood.

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

Brookline Senior Center (Brookline)

How you can help: The Brookline Senior Center is seeking a volunteer who can speak Russian to join their strong existing network of volunteers. This person would assist with the monthly Food Commodity program on every 3rd Wednesday of the month from 8:30 am-12:00 pm. An additional volunteer who can lift boxes of produce easily is needed every Tuesday from 9:00am-1:00pm or 1:00-3:30pm.

Notes: The Brookline Senior Center asks volunteers to commit to 3 months of service as preparation involves paperwork, food handling training and background checks as required by the town of Brookline.

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.

Contact: info@cambridgecc.org

Cambridge Women's Center (Cambridge) The Women's Center is an anti-racist community center for women, 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. They 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: Anna Plotkin-Swing, Volunteer Manager, anna@cambridgewomenscenter.org

Canton Food Pantry (Canton) Canton Food Pantry provides free food to eligible Canton residents. They serve many individuals and families, on a temporary basis, who have been affected by economic problems. The Food Pantry is operated entirely by volunteers who wish to help their fellow townspeople.

How you can help: Volunteers can stock shelves, receive deliveries from Lovin' Spoonfuls and more. There is most need on Mondays and Tuesdays. Summer help is also appreciated, particularly on Saturday, July 6th and August 3rd.

Larger groups are helpful for upcoming events such as the Canton Postal Workers sponsor "Stamp Out Hunger", the largest one day food drive in the country on May 11th.

Notes: Living in or near Canton would be helpful for a prospective volunteer since there is not a bus stop or train station near the food pantry.

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: Cookin' With CASPAR is a group project in which volunteers prepare, serve and clean up dinner for roughly 100 Shelter guests. They do ask that the volunteer groups provide the groceries as well. Shopping lists and recipes are available upon request. (Time commitment of 2:15-6:15) Volunteers can also prepare food offsite for the First Step Outreach team to deliver to homeless neighbors who prefer not to come into the Shelter. There is also occasional need for a kitchen deep clean, a role well suited to a group.

Groups: Up to 12 volunteers can be accommodated by the space.

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

Centre Street Food Pantry (Newton)

How you can help:

- Help unload the Greater Boston Food Bank delivery truck from **8-9:30AM on the 2nd, 3rd, and 4th Monday of the month.**
- Help unload deliveries, organize & stock shelves, help clients shop at the pantry, and clean up at **various times each Tues. between 12PM-8PM.**

- Help unload deliveries, organize & stock shelves, help clients shop at the pantry, and clean up at **various times between 10AM-1PM on the first Sat. of the month.**

Notes: Centre St. Food Pantry is currently looking for a social media expert and a grant writer. On occasion they will need a graphic designer to assist with printed material. They ask that all volunteers are fully trained in their ethos and processes so sign up for training [here](#).

Groups: Host larger groups of volunteers from companies and school groups with a maximum of 15-20 due to space constraints

Contact: volunteer@centrestfoodpantry.org

Common Cathedral (Boston) - The BostonWarm centers provide critical, practical, personal and nonjudgmental support for hundreds of unhoused neighbors throughout Boston's brutal winters. Common Art is a program that provides materials and space where unhoused and low income individuals can express themselves through art.

How you can help:

BostonWarm meets from 8:00-1:00 on Mondays and Wednesdays but volunteers are most needed from 7:30-1:30. Main shifts are 7:30-10 or 10:00-1:30. Both shifts are flexible people are welcome to volunteer in our kitchen and on the service floor to be present with community members. Volunteers will be properly oriented but advance notice will be necessary.

Common Art meets on Wednesdays and volunteer needs are 9:30-2:30. Shifts are 9:30-12:00 or 11:30/12:00-2:30. Similar to BostonWarm, volunteers will be properly oriented but advance notice will be necessary to ensure their success and welcome upon their first visit.

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.

Contact: Amanda Grant-Rose: amanda@commoncathedral.org or go to their website commoncathedral.org and click on BostonWarm under 'programs.' There you will find detailed descriptions of the programs. There are short term and long term opportunities so visit the 'volunteer' tab under 'get involved' to find the best option for you. Here is a link to their [sign-up wizard](#).

Crossroads - East Boston - Crossroads provides shelter, case management, housing search, stabilization services, and food 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 3:00pm-4:00pm. Volunteers would stock food, check expiration dates, stuff bags, help distribute bags, and clean-up, etc. Volunteers can also unload trucks and prep/ distribute bags, ideally from 11:00 am- 4:00 pm on Wednesdays. Being a Spanish speaker is a plus!

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: info@ebcrossroads.org

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 (up to 8) 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, particularly in the Brockton shelter where the need is greatest. Additionally donations of household supplies and toiletries are always needed.

Notes: There is a regular need for volunteer groups to prepare (at their own locations) and deliver bagged lunches to both shelters. This program in particular would benefit from your support. Contact [Mary Ann Mendes](mailto:MaryAnnMendes@helpfbms.org) to coordinate a date and time to deliver your bagged lunches.

Contact: volunteer@helpfbms.org

Freedom Hill Community Church (Malden)- The Freedom Hill Community Church serves many communities around Boston's North Shore with practical help like food, clothing, immigration assistance, after-school programs, children & youth programs, Christian education, prayer and worship services

How you can help: There is most need for help with food pickup/ distribution and pantry upkeep mainly, particularly on Tuesdays from 9:00 am- 11:00 am and 6:00 pm-8:00 pm.

Contact: Pastor Christina Eliason - christina@freedomhill.church

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: During the second half of the summer there is need for lots of help in the regular soup kitchen shifts. Weekday breakfasts and elder meals are the priority. Weekday Breakfasts run from 5:30-10am and Elder Meals are on Tues/Thurs from 12-4pm.

Notes: Have a more difficulties meeting volunteer needs in September due to changing of seasonal schedules. Up to 5 in the kitchen at a time.

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

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 and working at the reception desk.

Contact: Paula Daniels pdaniels@interfaithsocialservices.org or <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.

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 operations), help in the Kitchen (snack section, making coffee), and special events. They would also like assistance during several breakfast and lunch shifts:

Breakfast	Lunch
<ul style="list-style-type: none"> ● 8:15 am or later through 11:00 am on Mon, Wed, Fri ● 8:15 am through 10:00 am on Tues, and Thurs 	<ul style="list-style-type: none"> ● 10:45/11:00 am through 1:00/1:30 pm on Mon, Tues, Thurs

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

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

Roslindale Community Center (Roslindale) - The community center and swimming pool are operated and maintained by staff from the Boston Centers for Youth and Families, a department of the City of Boston, and supplemented by privately employed staff under the purview of the Roslindale Community School Council, Inc., a community-based 501(c)3 non-profit organization.

How you can help: Need for volunteers is greatest from September-December. Volunteers can be involved in the Senior Tax Work-off program and Youth jobs.

Southwest Community Food Center (Quincy) QCAP's Southwest Community Food Center is the only area food pantry open five days a week, year-round, with late hours to accommodate working families.

How you can help: Prepare food orders for distribution, keeping the facility clean and office duties.

When: Monday, Tuesday 9:00 am- 4:30 pm, Wednesday 11:00 am - 6:30 pm & Friday 7:30 am- 4:30 pm

Contact: Melinda Alexander, malexander@qcap.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 to 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. Administrative help for the Development and Communications team is also appreciated.

Groups: Takes on large groups and corporate teams.

Contact: Anna Davidoff 617-436-8600x238

Sudbury Food Pantry (Sudbury)

How you can help: Translators are needed to assist Spanish or Portuguese speaking clients with reading ingredient labels and more. Listen to clients at the pantry and distribute food.

When: Translators-Tues/Thurs 11:30 am -2:00 pm, Distributors-Tues/Thurs 12:00 pm-2:30 pm

Notes: 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, 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

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 7-11 am and 11am-3pm. We take individual volunteers, usually for one weekly four hour shift.

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

Contact: Jennifer - Volunteer Manager, Jennifer@womenslunchplace.org