



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 Food Rescue Coordinators 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 160 nonprofit partners 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 people that they serve.

About this Document: Updated in March, 2021. We reached out to all of our beneficiary partners to inquire about their volunteer needs and COVID-19 related restrictions. 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 support. Also note that we have listed a few organizations who can take on larger volunteer groups.

1. Needs some support

- a. Boston Rescue Mission**
- b. Cambridge Community Center Inc.**
- c. Centre Street Food Pantry**
- d. Freedom Hill Community Church**
- e. St. Francis House**
- f. Sudbury Food Pantry**
- g. Woburn Council for Social Concern**
- h. Women's Lunch Place**

2. Take on groups:

- a. Action for Boston Community Development (ABCD)**
- b. Allston Brighton Food Pantry**
- c. Canton Food Pantry**
- d. CASPAR, Inc.**
- e. Haley House**
- f. Interfaith Social Services**

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: Dasia Martinez <dasia.martinez@bostonabcd.org>

COVID-19 updates: Accepting volunteers, check website

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

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

How you can help: Food Pantry and miscellaneous volunteer opportunities Tuesday through Friday 11 AM to 3 PM.

Contact: Zach Goldhammer, Community Engagement Coordinator
zachg@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: The Cambridge Women's Center is **currently pausing accepting volunteers** because our training cohort is full. Please stay tuned for COVID-friendly opportunities to join our community. We especially appreciate it if you have daytime availability.

We often need remote helpline volunteers. Helpline calls are forwarded to volunteers' cell phones, so they can take calls wherever they are.

Our drop-in service happens in our backyard where we create a warm, community space. We offer meals, laptops, WiFi, and printing. The CWC serves women and non-binary folks and tries to make the experience of volunteering one of personal growth and community-healing.

Contact: Email Volunteer Manager, Rawda Aljawhary at rawda@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.

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

COVID-19 update: Not registering new in-person volunteers due to limits on on-site numbers but in search of remote volunteers (particularly those who have experience with Constant Contact).

Contact: volunteer@centrestfoodpantry.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 - pastorchristina@freedomhillcommunitychurch.org
office phone - (781-321-2919)

COVID-19: Accepting volunteers

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.

COVID-19 updates: minimal volunteers at South End soup kitchen. Must fill out volunteer application. Virtual days of service opportunities available for groups.

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/>

COVID-19: Still accepting volunteers.

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. **COVID-19 update:** Limited on-site volunteer program, must submit [application](#) online.

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: Mary Novak: smhnovak1977@gmail.com

COVID-19 updates: accepting volunteers

Sudbury Community Food Pantry Volunteer Positions under Covid:

<i>Position Description</i>	<i>Days</i>	<i>Hours</i>
<i>Pre-pack volunteers</i> prepare non-perishable grocery bags for distribution later in the day.	<i>Tuesdays and Thursdays.</i>	<i>8:30 – 11:30 am</i>
<i>Registration</i> volunteers give Shopping Lists to <i>clients who remain in their vehicles.</i> The volunteers return to collect the Shopping Lists in flat-boxes. The Shopping List in the flat-box is then taken to the Computer Volunteer(s).	<i>Tuesdays and Thursdays.</i>	<i>11:15-2:45 pm</i>
<i>Computer</i> volunteer logs the data and sends the Shopping List in the flat-box to Distribution.	<i>Tuesdays and Thursdays.</i>	<i>11:15-2:45 pm</i>
<i>Distribution</i> volunteers (4 volunteers) fulfill the perishable order and put the order (pre-pack and personalized pack) out of the hatch.	<i>Tuesdays and Thursdays.</i>	<i>11:30-3:30 pm</i>

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

COVID-19 opportunities: Donations (food, financial, personal care items); IT help - couple of hours each month

Women's Lunch Place (Boston - Back Bay)

How you can help (COVID-19): Write notes for WLP guests, offer a donation drop-off site, development internship, provide in-kind donations, fundraise.

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

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