



Would you like to contribute to our community as a Volunteer?

Here is a list of organizations where you can help!

Opportunities are for individuals and/or groups.

- **TABLE, Inc.** - TABLE's mission is to provide healthy, emergency food aid every week to hungry preschool, elementary, and middle school children living in Chapel Hill and Carrboro, NC.
 - Opportunities include on-site volunteer teams or off-site assistance with PR, Event Planning or our Food Supply Team.
- **PORCH-** PORCH is an all-volunteer, grassroots hunger relief organization. We collect food and cash donations through monthly neighborhood food drives then distribute food to hundreds of at-risk families in our community.
 - Food Sort Volunteer- Always on Monday mornings.
- **Habitat for Humanity Orange County, NC-** Habitat for Humanity of Orange County changes lives by bringing together God's people and resources to help families in need build and own quality affordable homes in safe and supportive communities.
 - Habitat welcomes groups to come out for a build day.
- **Inter-Faith Council for Social Service-** IFC meets the basic needs and helps individuals and families achieve their goals. They provide shelter, food, direct services, advocacy and information to people in need.
 - IFC offers a variety of rewarding opportunities that require different commitments. Such as Community Kitchen Meal Groups. You can cook purchased food off-site then bring it in to set up and serve, or you can coordinate with staff to cook together at our kitchen, set up and serve.
- **Orange Congregations in Mission-** To minister to the urgent needs of citizens of Northern Orange County through the volunteer efforts of diverse congregations and individuals inspired by faith in God, and to enhance self-sufficiency and awareness of community resources.
 - Be an In-house Volunteer for Meals on Wheels (takes about one hour). Transfer meals from one caddy to another for delivery each day. Greet drivers. Thank returning drivers and record any concerns. Clean out caddies (simple wiping clean, airing out)
 - Be a Pantry Volunteer. Greet donors, receive and document all donations. Shelf donations. Fill grocery orders according to information given to them by staff, and according to set grocery list. Other tasks completed as needed such as inventory, personal pack assembly, working with fresh produce, cleaning, etc. A Pantry Volunteer should be able to bend and/or



stoop easily, lift 15 lbs. and be able to grasp cans easily. Times available Monday-Friday 9:00 a.m. – 12:30 p.m. or 1:30 p.m. – 5:00 p.m.

- **SECU Family House at UNC Hospitals-** SECU Family House is a safe, nurturing, affordable home for patients and their loved ones who travel great distances to UNC Hospitals for life-saving procedures and serious illnesses. SECU provide guests lodging, meals, supportive programs, transportation and a caring support network. We serve families from all 100 North Carolina counties and beyond, helping them rest, heal, and gather strength when they need it most.
 - Prepare a Meal. Our House Meal program is perhaps the most mutually beneficial activity we offer. Patients and families receive a break from hospital or vending machine meals, as well as the opportunity to sit down and relax, participating in a routine from their pre-hospital life. For volunteers, it is a rewarding experience of connecting with others who are in need of comfort and care.

- **The Ronald McDonald House of Chapel Hill-** Offers a comforting home away from home and a community of support for seriously ill children and their families.
 - Work Groups- A group of up to 15-20 people can gather together to help clean and organize the common areas of the House. Cleaning is an important part of helping our families have a safe, clean and comfortable place to call home while they care for their ill child. Groups who are able are encouraged to bring any of the following supplies: Windex, Febreze, Pledge, Clorox wipes, and paper towels. Groups are scheduled for a 2-hour block on a Monday-Friday before 4 pm or a Saturday from 12:30-2:30.