

Regional Food Bank Supporters Make a Difference in the Lives of Many People



Photo by Terrance McNally

Whether you like to sort food or non-food items, help in the office, raise funds through special events, or make financial gifts, there is a place for you at the Regional Food Bank!

People of all different backgrounds and abilities help us accomplish our mission of reducing hunger and alleviating food waste.

To find out more about how YOU can get involved, give us a call at 518-786-3691, x234 or visit the Volunteer section of our website at www.regionalfoodbank.net.

**We'd love to have you join us!
You can make a difference!**



Alleviating Hunger...Together

Directions

From the North

1. Take the Northway south to Exit 6.
2. Turn right at end of ramp. This puts you heading west on Rt. 7 toward Schenectady.
3. Stay on Rt. 7 for 2-3 miles (4-5 lights).
4. Just past the Rt. 7 Diner and the Mobil Station on your left, turn left onto Albany Shaker Road. (If you reach McDonald's, you just missed the turn.)
5. The Food Bank is the second driveway on the left. There's a sign out by the road, and the warehouse is set in from the road a bit. If you volunteer on a week-night or weekend, drive to the rear of the building and use the Volunteer Entrance.

From the South

1. Take the Thruway north to Exit 24.
2. Take the Northway (I-87) north to Exit 6.
3. Turn left at end of ramp. This puts you heading west on Rt. 7 toward Schenectady.
4. Stay on Rt. 7 for 2-3 miles (4-5 lights).
5. Just past the Rt. 7 Diner and the Mobil Station on your left, turn left onto Albany Shaker Road. (If you reach McDonald's, you just missed the turn.)
6. The Food Bank is the second driveway on the left. There's a sign out by the road, and the warehouse is set in from the road a bit. If you volunteer on a week-night or weekend, drive to the rear of the building and use the Volunteer Entrance.



Regional Food Bank of Northeastern New York

965 Albany-Shaker Road, Latham, NY 12110

Phone: 518-786-3691 · Fax: 518-786-3004

www.regionalfoodbank.net

Find us on Facebook and Twitter!



Regional Food Bank of Northeastern New York

Volunteer and Giving Opportunities



Visit the volunteer section of our website at www.regionalfoodbank.net

Donors Give Gifts of Time & Treasure

The Regional Food Bank works to reduce hunger and prevent food waste. Generous donors help the Food Bank accomplish this mission. We welcome your participation!

Food Bank friends help in many ways!

How you can help:

- Sort and repack items
- Share office duties with the staff or other volunteers
- Plant and harvest crops at our Farm
- Help raise funds at special events
- Introduce the Food Bank to a friend
- Make a financial contribution

Who can help?

- Individuals of all ages and abilities
- Civic groups and service clubs
 - Corporate teams
 - Religious organizations
 - Everyone is welcome!



What's involved in sorting items?

The Food Bank receives donations of both food and non-food items that need to be sorted before they can be distributed to member agencies. Shifts are generally two hours long and are available weeknights and weekends. People of all ages are welcome.

Three-hour weekday shifts are available for groups of adults (age 18+) in our Salvage Sorting room. Please contact us for details.

How physical is the work?

Food sorting and Farm work are more physical than office tasks, but even people with physical limitations can assist in the warehouse if desired. There are plenty of opportunities for people of all ages and abilities. When and where you work depends on your interests and your preferences.

What other jobs need to be done?

Office work includes helping with mailings, filing, data entry, and other tasks. Office volunteers usually work during regular business hours.

What if my schedule is full?

Financial gifts are crucial to the Food Bank's work, and donating money is a great way for busy people to support hunger relief. The Food Bank is a good steward of its funds and distributes \$10.00 worth of food for every dollar it spends.

To make a tax-deductible contribution, send your gift to the address below.

Regional Food Bank
965 Albany-Shaker Road
Latham, NY 12110

Down on the Farm

The Food Bank manages the Patroon Land Farm, which is located by Thacher Park. Volunteers are needed April through October to assist with various tasks involved in growing and harvesting vegetables.



If you are interested in planting, picking, packing, or learning about agriculture and the process of farming, the Farm is for you!

Shifts are available between 9:00 a.m. and 3:00 p.m. every day except Thursday. Two-hour shifts are recommended. Individuals and groups are welcome.

Fundraising fun

The Food Bank holds special events during the year to raise money to support its work. Volunteers help these events run smoothly.

February

MAC-N-CHEESE BOWL

November—December

HOLIDAY HUNGER APPEAL

In addition, outside organizations sometimes host events to benefit the Food Bank that may require volunteers.