

# *You "Can" Make a Difference*

## *One Person + Three Hours = A Big Difference*

Help fight hunger by volunteering  
at the Regional Food Bank.

We are looking for volunteers  
age 18 and above  
to volunteer for 3-hour shifts  
in our Salvage Sorting Room.



Work alongside other great people  
to sort and re-box food for distribution to  
food pantries and soup kitchens.

*Requests for food are up and we need help!*

Contact us for more information:

518-786-3691, x234 or

[volunteers@regionalfoodbank.net](mailto:volunteers@regionalfoodbank.net)

We welcome  
both individuals  
and groups of  
20-25 people

*Food prices are rising. The economy is still  
struggling. We have food but it needs to be  
sorted before it is given out. Will you help?*

Regional Food Bank of Northeastern New York  
965 Albany Shaker Road | Latham, NY 12110  
518-786-3691 | [www.regionalfoodbank.net](http://www.regionalfoodbank.net)