

SPRING 2020 VOLUNTEER OPPORTUNITIES

Visit nhpdx.org/volunteer or email volunteer@nhpdx.org to learn more and access our volunteer application online!

FOOD PANTRY

Food Pantry Program Volunteers

Operating the largest community-supported food pantry on Portland's west side is no small task, so we're always on the lookout for community-focused volunteers to help sort, stock, unload, and work with clients. We work with nearly 70 volunteers each month and serve between 500-600 families, so consider pitching in and becoming a member of the Food Pantry family today!

We're looking for volunteers:

Mondays: Between 11 AM-5:30 PM (High need 3:00-5:30!)

Tuesday: Loaders/lifters/stockers between 9 AM-12 PM; Driver to pick-up donations from approx. 9 AM-11 AM

Wednesday: 9 AM-5:30 PM

Thursday: Loaders/lifters between 10 AM-2 PM; Stockers between 10-2; Shoppers between 3-8:30 PM (High need 5-8:30 PM!)

Location: 3445 SW Moss St., Portland, OR 97219

Food Pantry Garden Volunteers

Each year, we grow fruit and vegetables to donate to the 1,400 monthly clients of our Food Box Program, the largest food pantry on Portland's west side. Tasks include weeding, mulching, planting, and other duties. No experience necessary!

Contact Dan Simchuk (dan.simchuk@comcast.net, 503-804-4647) for individual volunteer opportunities and Ellen Field (volunteer@nhpdx.org, 503-246-1663 x2118) for group opportunities!

Days & Times: Flexible! Beginning in mid-March

Location: 3445 SW Moss St., Portland, OR 97219

Hillsdale Farmers' Market Gleaner

Our friends at the Hillsdale Farmers' Market donate their unused produce to our pantry, and we're looking for a volunteer to help us with a weekly pick-up! The volunteer will fill boxes at participating vendors and drop them off at the Food Pantry for distribution. This weekly role will begin in April.

Dates: Every Sunday beginning in April

Time: Approximately 1:00-3:00 PM

Note: Ability to repeatedly lift at least 25+ pounds is required, and a volunteer-provided vehicle as small as a Honda Fit would be appropriate.



SENIOR SUPPORT

Senior Services Drivers & Assistants

If you like to drive, meet new people, and/or want to help neighbors in your community, then these volunteer opportunities are for you! Access to transportation is a major challenge facing seniors and adults with disabilities in SW Portland. Help us address this critical issue by providing trips and/or assistance to medical appointments, supportive services, and more.

Volunteer drivers provide rides using their own vehicles or an agency vehicle; do not need a special driver's license; choose the times, days, and areas they wish to drive; do no heavy lifting or weight bearing; and receive free training in defensive driving and passenger assistance. We are also seeking volunteers who are willing to drive our 14-passenger mini bus.

Volunteer assistants ride along on group trips, help passengers board and exit vehicles, and assist passengers with bags.

Volunteers needed: M-F, between 8 AM-4 PM (flexible shifts)

Location: 7688 SW Capitol Hwy, Portland, OR 97219

CHILDHOOD EDUCATION & DEVELOPMENT

Connect Volunteers

Do you have a knack for connecting with students? Want to help underserved youth succeed in school and build valuable leadership skills? If so, then consider joining the team at the Connect after school program! The program's curriculum focuses on engaging, student-centered, collaborative projects that help students develop teamwork and social/emotional skills.

Days & Times: Tues-Thurs, 2:00-4:30 PM

Location: 5037 SW Iowa St., Portland, OR 97221

We also have classroom/activity assistant opportunities with pre-school-age children at our Head Start programs in SW; feel free to email Lena at lavakyan@nhpdx.org for more info!

Group Childcare Volunteers

Want to hang out with kids this summer? Our 19th Avenue Apartments for homeless families' team is hoping to put together a small summer camp program for the kids living in this housing complex. To make it happen, they need 1-2 volunteers with childcare experience! This is still in the planning phase, but reach out if this sounds like something you'd love to do!

Days & Times: TBD

Location: 19th Avenue Apartments near Multnomah Village (reach out for exact address)

DEVELOPMENT & LEADERSHIP

Share your expertise by serving on the Neighborhood House Board of Directors and/or a subcommittee! To learn more about these opportunities, contact Mari Yerger, Development Director, at myerger@nhpdx.org or 503-246-1663 x2119.