

# GREAT PLACES TO VOLUNTEER

## WHO

## WHAT THEY DO

## HOW YOU CAN GET INVOLVED

Belmont Food Pantry	A non-profit food pantry, born out of Belmont UMC missions over 20 years ago, and is open to the public Fridays 8:30 am to 12:00 pm. Volunteers help pack, sort, and distribute food and clothing to the more than 600 families that visit the pantry every Friday.	Sign up online at <a href="http://bcrrsra.org/cal-2">bcrrsra.org/cal-2</a> or email <a href="mailto:volunteers@bcrrsra.org">volunteers@bcrrsra.org</a> . Volunteers are needed Tuesdays from 10:00am to 2:00pm, Wednesdays from 9:00 to noon, Thursdays from 9:00am to noon, and Fridays from 7:30am to 12:30pm. Tasks may include packing food and clothes, loading cars and replenishing supplies.
Cornerstone Community Farm	An urban farm/living laboratory enriching students with the educational, physical, psychological, and emotional benefits of working in nature; sowing, harvesting, consuming, and sharing fresh food.	Volunteers are needed for various farm tasks on Tuesdays and Fridays from 9am - Noon. Sign up through the website: <a href="http://cfcfarms.org">cfcfarms.org</a> or contact us at <a href="mailto:cornerstonefarmrva@gmail.com">cornerstonefarmrva@gmail.com</a> .
Fit4Kids	A non-profit dedicated to improving children's health and wellness in the Richmond region by offering programs that promote physical activity and healthy eating in schools, community organizations, and beyond.	Complete a volunteer interest form online <a href="http://grfit4kids.org/volunteer-interest-form">grfit4kids.org/volunteer-interest-form</a> . Tasks may include weeding and watering school gardens, assisting educators with garden programming and supporting greenhouse operations.
Ginter Park Food Pantry	A mission of Ginter Park UMC. Serving 200-250 families a week. Currently offering outdoor service during regular pantry hours, either by walk-up or by drive-thru.	Email Horace at <a href="mailto:horaceford2@gmail.com">horaceford2@gmail.com</a> . Volunteers needed on Wednesdays from 9-noon to assist with food distribution.
Groundwork RVA	Works with youth to occupy a hands-on role in creating positive changes to enhance green spaces and advocacy for food and health equity in Richmond communities.	Volunteer days are Saturday from 10:00am-1:00pm. Tasks include invasive plant removal, crop production, raised bed maintenance, and picking up trash. Learn more at <a href="http://www.groundworkrva.org">www.groundworkrva.org</a> or by emailing <a href="mailto:katie@groundworkrva.org">katie@groundworkrva.org</a> .
Peter Paul Development Center	A center in the East End of Richmond offering a full range of programs and services to fulfill the mission to support the neighbors of the East End and educate its students equipping them to serve as positive contributors to their family, community & society.	Learn more at: <a href="https://www.peterpaulrva.org/volunteers">https://www.peterpaulrva.org/volunteers</a> or contact Daiyonna at <a href="mailto:dretina@peterpaulrva.org">dretina@peterpaulrva.org</a> . Volunteers needed to help with food distribution and garden maintenance.
RVA Community Fridges	RVA Community Fridges is a mutual aid group aimed at combating food insecurity throughout and around Richmond, Virginia.	Sign up for their newsletter on the website <a href="http://rvacommunityfridges.com">rvacommunityfridges.com</a> or follow them on Instagram @rvacommunityfridges for ways to get involved.
St Thomas Food Pantry	A mission of St. Thomas Episcopal Church for over 30 years, this public pantry is open every Thursday from 2:00 to 5:00 pm and serves ~450 households each week.	Email Volunteer Coordinator, Linette Nolen at <a href="mailto:fpvolunteers@stthomasrichmond">fpvolunteers@stthomasrichmond</a> . Tasks include picking up donated food from grocery stores, pre-packing bags for pantry customers, taking inventory of stock, distribution day assistance,
Williams City Farms	A non-profit urban garden learning center, whose mission is to inspire and educate people on how to grow their own food through the "learn by doing" method. Working side by side to provide fresh produce to the community and our local food pantries.	Email Shana at <a href="mailto:wcifyfarms@gmail.com">wcifyfarms@gmail.com</a> or complete the interest form online at <a href="https://www.wcifyfarms.org/volunteer.html">https://www.wcifyfarms.org/volunteer.html</a> . Volunteers are needed Thursday 8:30-11:30am and Saturday 8:30am-noon.