

# Youth and Teen Volunteer Guide



## **How to Use this Guide**

Welcome to the United Way Volunteer Center Youth Volunteer Guide! This guide is a resource for youth, parents, teachers and group leaders looking for meaningful volunteer opportunities and information.

This guide contains detailed information about organizations that welcome youth volunteers, resources to help find volunteer opportunities and information to help focus on the right type of volunteer opportunities for the individual or group.

### **Reasons to Volunteer**

- Explore Possible Careers
- Increase Self-Esteem
- Make the Community a Better Place
- Meet New People
- Help Others
- Improve Chances for Scholarships, College etc.
- Have Fun
- Give Back
- And many more—see if you can list other reasons...

### **Tips for Group Volunteers**

- Plan your project as early as possible, especially during the holidays and school breaks—there will be several groups looking for projects at similar times.
- When you talk with the staff at the agency, remain open to a variety of project options—volunteer needs at an agency often change.
- If your group is too large for one agency to accommodate, consider breaking into smaller groups and working at different times or at different projects.
- Once you have made a commitment to an agency, remember that they are counting on you and you should notify them immediately if there are any changes to your group size, time, date etc.

### **Days of Service**

Martin Luther King Jr. Service Day (January)

Random Acts of Kindness Week (February)

United Way Alternative Spring Break(March)

National Volunteer Week (April)

United Way Day of Action (June)

Nelson Mandela Day (July)

International Youth Day (August)

9/11 Day of Service and Remembrance (September)

Make a Difference Day (October)

National Family Volunteering Day (November)

## **Helpful Hints for Volunteering**

### **Be realistic and clear about the amount of time you can commit**

It is easier to start small and increase your commitment than to back out because you are too busy. If you sign up for something, people are counting on you.

### **Visit the organization before committing**

Get a sense of what it is like to spend time at the agency. It is really important that it feels like a good fit for what you want to do. You may want to visit more than one organization to compare before choosing.

**Find out about the agency's purpose and your role as a volunteer** Sometimes your volunteer task may seem insignificant, but it can make all the difference to the program or clients. Ask questions about how what you do will help others.

### **Ask for a job description of your volunteer work**

Volunteer job descriptions can help you decide if the work is an appropriate fit and provides you with the expectations for the work.

### **Ask about training and supervision**

If an agency is asking you to perform a task, will they provide the support necessary for you to be successful?

### **Volunteering is an opportunity for personal growth**

Schools and employers value volunteerism. Requesting an evaluation and/or letter of recommendation for the work you performed can really be helpful.

### **Enthusiasm is key**

A positive attitude benefits everyone. Volunteerism only requires a willingness to help. The more excited you are about volunteering, the more enjoyable it will be to contribute your time.

## **Volunteer Rights and Responsibilities**

It is Your Right:

- To be assigned a job that is worthwhile and challenging
- To receive the orientation, training and supervision necessary to do the job
- To feel that your efforts have real purpose and contribute to the organization's mission
- To receive feedback and evaluation for the work that you perform
- To be trusted with any confidential information needed to carry out your assignment
- To be treated with respect and as an equal partner with the organization
- To be kept informed on relevant matters within the organization for whom you are volunteering
- That your time will not be wasted by poor planning or lack of coordination

It is Your Responsibility:

- Not to take on more responsibility than you can handle
- To perform the tasks assigned to you to the best of your ability
- To meet time commitments or to provide notices so alternative arrangements can be made
- To offer input on ways your tasks might be better performed
- To follow organizational policies and procedures
- To respect those confidences entrusted to you
- To notify the organization in advance of absences or schedule changes that may affect them

## **Parent's Responsibilities**

Emergency contact information for the parent will most likely be required by any organization that has youth volunteer opportunities. Parents are often also required to provide consent for any child under 18 to volunteer. Even if the student is over 16 and can drive, it is common for a parent to sign a document that gives permission for the student to volunteer. Make sure that this is done prior to the student volunteer showing up for their shift, otherwise they may be sent home.

Transportation will need to be arranged, especially if the child is under 16 or doesn't have a license. This has to be factored into the family's schedule before committing to volunteer.

## **Types of Volunteering**

### **Informal**

Informal is the easiest type of volunteering. It is casual and there are no rules, no uniform and no application. It is simply helping others when they need it. This type of volunteering occurs when you ask a neighbor if they want help raking leaves or shoveling snow. It is a great way to introduce youth and teens to service and volunteering. The process is simple and task-oriented. Some school-mandated service will allow this type of volunteering but it is important to check the restrictions.

### **Episodic or Short-term**

Episodic or Short-term is sometimes called one-time volunteering. This volunteering has short-term positions defined by hours or days, usually around special events, festivals, school events, park clean-ups or fundraisers. Often you can either call or sign-up for these types of activities online. Usually, the time commitment is 2-6 hours. There can be age restrictions, so it always best to ask that question and know ahead of time.

### **Family Volunteering**

Family Volunteering is growing in popularity. Time has become precious and it is a great way to both volunteer and maximize the time spent together as a family. There are great benefits to volunteering as a family such as learning about the community, working as a team or learning a new skill. It is best to start small with a short-term volunteer opportunity to see if the time commitment will fit into the family schedule before committing to a long-term volunteering position.

### **On-Going**

On-going volunteer opportunities are for when you are ready to make a commitment. They often require an application, orientation and training before you can even begin volunteering. There is usually a time commitment of 6 months to a year so that the organization can count on the volunteer being there after the time invested in training them.

### **Home-Based**

Home-based volunteer opportunities are projects that include making something or collecting something for an organization that does not require you to be there to do it. Examples include food drives, book drives, making holiday cards for seniors, baking for a bake sale. It is important before starting any project like this to contact the organization to see if they can use whatever it is you are collecting or making. Many organizations have a "wish list" or a "top 10" list that will help generate ideas for your project.

## **Virtual**

There has been an increase in virtual volunteer opportunities with the rise of social media and websites. A virtual volunteer opportunity is completed off-site and is usually done on a computer or through technology. Examples are data entry, website design/updating, document creation, internet research or video editing. The benefit of virtual volunteering is that it can be done at the times that work best for the volunteer and you can remain active with an organization even if you move.

## **Volunteering Through the Ages**

### **Early Elementary (K-3)**

Early elementary is a great time to start helping children understand service to the community. During this time, it is best to think of projects that can be done at home or in the classroom instead of trying to find an agency where the child can volunteer directly (which will be difficult to find).

Ideas:

- Make holiday greeting cards that are seasonal and deliver to a nursing home, the Senior Center, Pathways, local food bank or hospital
- Hold a canned food drive for the food bank
- Make placemats for the Free Lunch Program, Senior Dining, Pathways or anywhere else that provides meals to the hungry
- Collect coats, clothing and boots for Shelter House, Domestic Violence Shelter or Family Resource Center
- Collect coins and donate funds to a local charity selected by the children.
- Volunteer in the school garden
- Participate in a charity walk/run
- Collect children's books for local organizations that serve children, such as 4C's, Handicare, HACAP, Four Oaks etc.
- Hold a Band-Aid drive for a local organization serving kids or food bank
- Ask for a "Wish List" from a favorite local charity and collect items on the list

### **Late Elementary (4-6)**

At this age, children can take volunteering to the next level. You can have the children start to think about how to improve the places that they spend the most time. Late elementary is also a great time to find places where families can volunteer together, examples include Food Bank, Pathways, Children's Museum etc. Most organizations will not accept a volunteer of this age to volunteer alone but they will with a parent or guardian. Opportunities may be limited, so it is also good to continue with projects that can be done at home or in the classroom.

Ideas:

- Wrap holiday gifts for a local charity
- Contact an animal shelter and find out projects that can be made for the animals (i.e. Dog biscuits, bunny piñatas, etc)
- Stuff envelopes or help with a mailing project for a local shelter
- Participate in a neighborhood, park or creek clean-up
- Make friendship bracelets for children staying at a shelter
- Plant flowers and vegetables in a school garden
- Collect unused hygiene items and cosmetics for Domestic Violence Shelter
- Write letters for service men/women for Iowa Troop Pantry

### **Junior High (7-8)**

At this point, children often know what they are good at and what interests them. Local agencies will often allow volunteers of this age to volunteer on a short-term basis with parental permission.

Ideas:

- Help with office duties at a local charity (copying, collating, shredding, etc.)
- Help serve refreshments at a special event
- Tutor younger students in a subject they are good at
- Babysit younger children while parents attend meetings (PTO/PTA) or event
- Get trained as Youth Volunteer at United Action for Youth
- Volunteer with an after school program to help with activities

### **High School (9-12)**

In high school, the options for volunteering broaden. A volunteer can not only create their own projects, but they can also volunteer more easily on their own. Many nonprofits accept high school volunteers in their programs.

Ideas:

- Staff a booth or table for an organization at a community event
- Serve as an usher for a community play, concert, etc.
- Lead neighborhood/park/creek clean up events
- Serve on a youth commission or committee
- Organize and recruit volunteers for leaf raking event for Elder Services
- Serve meals at Free Lunch, Salvation Army, Ronald McDonald House etc.
- Take digital photos for a local charity and provide them with the files
- Get involved in an environmental group

## **Finding the Best Service Ideas**

Whether you have no idea where to start or want to narrow down your list of options, it is best to start with your passions and interests. As you brainstorm, consider the following:

- **Favorite subjects:** Math, Science, Art, English, Foreign Language, etc.
- **Extracurricular:** acting, band, choir, sports, dance, student government, etc.
- **Hobbies/Interests:** cooking, computers, movies, photography, biking, etc.
- **Issues:** clean water, preserving natural resources, hunger, education, health, domestic violence, bullying prevention, etc.

## **Matching Your Talents to Volunteer Opportunities**

**Ask yourself these questions:**

- Do I work better with others or alone?
- Do I work better with children or the elderly?
- What are my skills and abilities?
- Am I comfortable working in a challenging environment?
- Do I like asking others for donations?
- Do I work best when I direct my own efforts, or when others are in charge?
- Do I enjoy doing work I know I can easily do, or do I enjoy stretching my limits?
- What issues do I really care about?
- What are five volunteer activities I would enjoy?

## **Track Your Time**

While it is great that youth and teens volunteer, it can be just as important for them to track their hours and what they did. Volunteer experience and personal references can be used on future job, college and scholarship applications.

A helpful system to collect this information is to designate a folder or binder in which to keep the information. There can be a lot of paperwork and it will help later on to keep timesheets, volunteer certificates, letters of appreciation etc. Sometimes, a student volunteers in a variety of short-term opportunities and this is an example of when the student should track their own volunteer time.



## **How to Find a Volunteer Opportunity**

There are a number of resources that make it easy to find volunteer opportunities that suit your interests and meet your requirements. Here are some to get started:

### **1. United Way Volunteer Center**

United Way of Johnson & Washington Counties utilizes Get Connected to host a website with volunteer opportunities. Organizations in the community post upcoming and on-going volunteer opportunities on the website and you can find those that are of interest!

Visit [volunteer.unitedwayjwc.org](http://volunteer.unitedwayjwc.org) or click on the “Volunteer” bar on the United Way website at [www.unitedwayjwc.org](http://www.unitedwayjwc.org)

If you would like to speak to someone about ideas or have any questions, you can contact the Volunteer Center at 319-338-7823.

### **2. Volunteer Match**

Volunteer Match is a website that lists national volunteer opportunities. You can search by location to find activities near you!

<http://www.volunteermatch.org/>

### **3. Contact the agency directly**

If you already know of an agency you want to be involved with do not be afraid to contact them directly via email or phone call.

## **How to Contact an Agency**

When you find a volunteer opportunity or an agency with whom you want to be involved, use the tips below when trying to connect with an agency.

With any agency, you will most likely have to contact them to discuss the opportunity or set up an interview and learn how you will fit in with their volunteer program. It can be helpful to check out the organization's website to find information about the volunteering process. When contacting the organization, you can either email or call the volunteer or program coordinator to express your interest in volunteering with the organization. If you do not receive a response, it is okay to be persistent and call the organization and ask to speak with the person who is in charge of volunteers.

### 1. Emailing an agency

When emailing the agency, you want to be clear and concise in what you are after -- a volunteer position. State why you are interested in the organization, what you have to offer to the position, and how you would enhance their mission in the community. Close the email with asking for an opportunity to meet for an interview, listing times you are available to meet.

### 2. Calling an agency

If you call the agency, make sure to ask for the volunteer coordinator, or the person in charge of volunteers for a program. You may want to make a list with your interests and/or requirements before making the call so that you don't forget any of the information. State that you are interested in a volunteer position, ask if they have any opportunities available and let them know that you would like to meet in person to discuss it in more detail.

### 3. The Interview

Before the interview, gather a list of questions you would like to ask the volunteer coordinator. Be sure to do your research on the organization, including knowing their mission and some of the successes they have achieved in the community. Questions could include:

- What do my weekly duties include?
- Is there a time commitment for this position?
- If I'm under 18 years old, do I need a parent or guardian to be present during my shifts?

When you go into your interview, remember to bring your questions and look back to the Getting Started Worksheet so you can articulate why you want to volunteer, what your interests are, and how many hours you can realistically commit on a weekly or monthly basis.

## **Resources**

The **United Way Volunteer Center** is a good resource for information about local volunteering and opportunities. You can browse opportunities and look for volunteer events by going to [volunteer.unitedwayjwc.org](http://volunteer.unitedwayjwc.org) or by calling 319-338-7823.

**Youth Service America** sponsors National Youth Service Day and has a lot of project suggestions and resources. [www.ysa.org](http://www.ysa.org)

**DoSomething.org** is the country's largest not-for-profit for young people and social change. DoSomething.org spearheads national campaigns so 13- to 25-year-olds can make an impact - without ever needing money, an adult, or a car. [www.dosomething.org](http://www.dosomething.org)

**TeenLife.com** is a resource for parents, educators, and teenagers nationwide who are seeking programs and services for college-bound students in grades 7-12. They feature thousands of enrichment opportunities that "bring out the best" in teenagers. These include summer programs, community service opportunities, academic experiences, and gap year programs – regionally, nationally, and internationally. Access to all of the resources are free for registered parents, educators, and students. [www.teenlife.com](http://www.teenlife.com)

The **Search Institute** out of Minneapolis Minnesota has done extensive research on youth and identified 40 developmental assets that help ensure youth grow up to be healthy and responsible citizens. [www.search-institute.org](http://www.search-institute.org)

**Volunteer Match** offers a large searchable database of volunteer opportunities. It can be searched by zip code or area of interest. [www.volunteermatch.org](http://www.volunteermatch.org)

# Organization Profiles

Information on community organizations, what to expect as a youth volunteer, and specific requirements

## IOWA CITY

### Arc of Southeast Iowa

**Minimum Age:** 16

**Requirements & Training:** Must pass a background check. Must Attend Orientation.

**Volunteer Activities:** Assist in the following areas as directed: Child care, sib-ship, group, clerical office assistance, after school camp, annual events and summer camp.

**Contact Information:**

Email: [mariahsimmons@arcsei.org](mailto:mariahsimmons@arcsei.org)  
319.351.5017 x114



### Bur Oak Land Trust

**Minimum Age:** Bur Oak Land Trust Staff discretion.

**Requirements & Training:** Sign waiver, some initial instruction/training before work.

**Volunteer Activities:** Invasive species removal, cutting, hauling, and office work.

**Contact Information:**

Email: [info@buroaklandtrust.org](mailto:info@buroaklandtrust.org)  
319.338.7030

### CommUnity Crisis Services & Food Bank

**Minimum Age:** 13-15 accompanied by a parent volunteer, 16 or older with parental consent.

**Requirements & Training:** Must submit an application, interview, and pass a background check, 4 hours of training and commit to a weekly three hour shift for a minimum of 6 months.

**Volunteer Activities:** General office or food bank volunteer opportunities.

**Contact Information:**

[www.builtbycommunity.org](http://www.builtbycommunity.org)  
319.351.2726



### Crowded Closet

**Minimum Age:** 15 years old; 14 and under must have adult supervision.

**Requirements & Training:** Complete application and volunteer orientation.

**Volunteer Activities:** Processing and pricing donations for sale and retail assistance.

**Contact Information:**

Email: [crowdedcloset.volunteer@gmail.com](mailto:crowdedcloset.volunteer@gmail.com)

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## IOWA CITY

### Dept. of Veterans Affairs

**Minimum Age:** 14

**Requirements & Training:** Application and 2 hr. orientation; request a 50 hr. commitment through out the year. No evening or weekends are available.

**Volunteer Activities:** Youth serve as escorts, running errands for medical center staff and assisting Veterans and visitors who enter the facility.

**Contact Information:**

Volunteer Services  
319.338.0581 x6270



### Englert

**Minimum Age:** Under 18 with parent or guardian and the show must be appropriate for the age of the volunteer.

**Requirements & Training:** Sign volunteer contract and follow a dress code. Be early, sign up for a volunteer shift via email. Training and orientation will be provided one you arrive at the theater.

**Volunteer Activities:** Ushering for shows, hanging posters, and other office duties.

**Englert Contact Information:**

319.688.2653



### Friends of the Animal Center Foundation

**Minimum Age:** Under 13 can help with "Hours from Home". 13, 14, 15 "Team up" with a parent. 16 and 17 can have a parent sign a waiver.

**Requirements & Training:** 60 minute orientation and 2 hour animal specific training class.

**Volunteer Activities:** Training and socializing animals, customer service, and shelter events.

**Contact Information:**

Email: [FACFVolunteer@gmail.com](mailto:FACFVolunteer@gmail.com)  
319.887.6083



United Way of Johnson & Washington Counties

# Organization Profiles

319.351.1043

Information on community organizations, what to expect as a youth volunteer, and specific requirements

## IOWA CITY

### Girl Scouts

**Minimum Age:** 16

**Requirements & Training:** Training provided as needed .

**Volunteer Activities:** Assist with outreach program, Help with events, Lead activities, Assist with different programs, and other opportunities as they arise.

**Contact Information:**

Email: [info@girlscoutstoday.org](mailto:info@girlscoutstoday.org)  
563.823.9940

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### Iowa City Public Library

**Minimum Age:** 7<sup>th</sup> grade and up

**Requirements & Training:** Complete Volunteer Application.

**Volunteer Activities:** Check in library materials, maintain library collections, help with special event/projects.

**Contact Information:**

Email: [volunteer@icpl.org](mailto:volunteer@icpl.org)

### Iowa City Storm Water Program

**Minimum Age:** Groups of 10 or more ages 14 and over with a parent/guardian signature.

**Requirements & Training:** Liability form.

**Volunteer Activities:** Weeding, Invasive species removal, mulching, and stream cleanup.

**Contact Information:**

319.541.2385

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## IOWA CITY

### Iowa Valley Habitat for Humanity

**Minimum Age:** 15 years or older to volunteer at ReStore or construction projects. No requirement for office work or special events.

**Requirements & Training:** May need parent/guardian present if volunteering at construction site.

**Volunteer Activities:** Basic construction project, assist at the ReStore, or office work.

**Contact Information:**

[www.iowavalleyhabitat.org](http://www.iowavalleyhabitat.org)

Email: [Cherie@iowavalleyhabitat.org](mailto:Cherie@iowavalleyhabitat.org)

319.337.8949



### Mercy Hospital

**Minimum Age:** 14 years old

**Requirements & Training:** Must complete an application, interview, background check, medical history form, confidentiality agreement, initial orientation and volunteer unit orientation.

**Volunteer Activities:** Placed based on interests, qualifications, and hospital needs.

**Mercy Hospital Contact Information:**

Email: [jenna.maxson@mercyic.org](mailto:jenna.maxson@mercyic.org)

319.339.3659

[www.mercyiowacity.org](http://www.mercyiowacity.org)



### Neighborhood Centers of Johnson County

**Minimum Age:** 16

**Requirements & Training:** Must be comfortable interacting with children, able to read and speak basic English, possess good interpersonal skills, be able to following basic instructions, and be reliable. NCJC required training will include universal precautions, mandatory reporting and volunteer orientation.

**Volunteer Activities:** Work with child development or youth programs staff in supporting the children in the programs through play, reading, classroom supports, and playground supervision.

**Contact Information:**

319.354.7989

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## IOWA CITY

### PATV

**Minimum Age:** 14 with parent/guardian signature.

**Requirements & Training:** Free Guidelines orientation at the PATV studio, first Thursday of each month, 6-7pm.

**PATV Volunteer Activities:** Studio production of community television programs and assisting with staff productions.

**Contact Information:**  
Email: [contact@patv.tv](mailto:contact@patv.tv)  
319.338.7035

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### Ronald McDonald House Charities

**Minimum Age:** 16 years or older

**Requirements & Training:** None

**Volunteer Activities:** Help with general cleaning, tidying, organizing, and running errands for the house.

**Contact Information:**  
[www.rmhc-eiwi.org](http://www.rmhc-eiwi.org)  
Email: [info@rmhc-eiwi.org](mailto:info@rmhc-eiwi.org)  
319.356.3939

### Shelter House

**Minimum Age:** Under 18 must be accompanied by a parent or guardian supervision.

**Requirements & Training:** Depending on the position, brief orientation and paperwork.

**Volunteer Activities:** Front desk, activity nights, and game nights.

**Contact Information:**  
Email: [volunteer@shelterhouseiowa.org](mailto:volunteer@shelterhouseiowa.org)  
319.338.5416 ext. 241

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## IOWA CITY

### Summer of the Arts

**Minimum Age:** 14 years or older, (ages 10-14 if volunteering with parent/guardian)

**Requirements & Training:** Must sign a liability waiver. Training is done on-site during the volunteer's scheduled time.

**Volunteer Activities:** Volunteer at the Iowa Arts Festival, Iowa City Jazz Festival, Iowa Soul Festival, Friday Night Concert Series, and/or Free Movie Series. Jobs include joining green team, assisting in festival booths selling merchandise and water, distributing festival information, helping with children's activities, or as a floater (fill open spots as needed).

**Contact Information:**

Email: [info@summeroftheARTS.org](mailto:info@summeroftheARTS.org)  
319.337.7944

[www.summeroftheARTS.org/volunteers](http://www.summeroftheARTS.org/volunteers)

### Table to Table

**Minimum Age:** Volunteers must be 14 years old to volunteer in our office, 16 to go on a food rescue route, and 20 years old to drive a van

**Requirements & Training:** Volunteers must complete a brief interview and orientation. Food rescue volunteers must be able to lift 35+ pounds.

**Volunteer Activities:** Food Rescue Volunteers collect food from donors that would have otherwise gone to waste and deliver it to agencies that serve the hungry, homeless, and at-risk populations. We also have volunteer opportunities available in our office and shop.

**Contact Information:**

Email: [volunteer@table2table.org](mailto:volunteer@table2table.org)  
319.337.3400



### The Octagonal Barn Restoration

**Minimum Age:** 12

**Requirements & Training:** None

**Volunteer Activities:** Paint barns and repair walls

**Contact Information:**

Email: [richardiowa1883@gmail.com](mailto:richardiowa1883@gmail.com)  
319.337.2544

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## IOWA CITY

### UI DeGowin Blood Center

**Minimum Age:** 16 with parental consent, 17 and older without consent

**Requirements & Training:** 110lbs and be in good health

**Volunteer Activities:** Donate Blood

**Contact Information:**  
319.356.2058 for appt.



### United Action for Youth

**Minimum Age:** 8<sup>th</sup> Grade and up

**Requirements & Training:** Yearlong school commitment

**Volunteer Activities:**

**YAP;** 9<sup>th</sup>-12<sup>th</sup>: Are trained to become Peer Educators and are asked to listen, share and contribute on a variety of topics.

**YAT;** 8<sup>th</sup>-12<sup>th</sup>: Develops community service projects.

**Contact Information:**  
Email:Katie.Field@unitedactionforyouth.org  
319.358.7518 ext.1

### University of Iowa Hospitals and Clinics Volunteer Services

**Minimum Age:** 16 years or older; 14-15 years old can apply to Junior Volunteer Program (8 week summer program)

**Requirements & Training:** 16 years and older must give time commitment. The Junior Volunteer Program is an application-based process-- applications are available in March and due in April.

**Volunteer Activities:** Placed based on interests, qualifications, and hospital needs.

**Contact Information:**  
319.356.2515

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## IOWA CITY

### United Way of Johnson and Washington Counties

**Minimum Age:** 16 with parental consent

**Requirements & Training:** We work with teachers, nonprofits and students to create meaningful community service experiences.

**Volunteer Activities:** One time projects, community events and group activities available.

**Contact Information:**

Email: [vols@unitedwayjwc.org](mailto:vols@unitedwayjwc.org)

<http://volunteer.unitedwayjwc.org>

319-338-7823



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## Coralville

### Coralville Community Food Pantry

**Minimum Age:** No minimum, if accompanied by an adult, 16, if unaccompanied.

**Requirements & Training:** Volunteer orientation

**Volunteer Activities:** Stocking shelves, repackaging food items, bagging groceries, helping clients.

**Contact Information:**

[www.coralvillefoodpantry.org](http://www.coralvillefoodpantry.org)

### Iowa Children's Museum

**Minimum Age:** 14 years or older

**Requirements & Training:** Must be scheduled in advance and go through a short tour and training.

**Volunteer Activities:** Interacting with guests, cleaning and office projects.

**Contact Information:**

Email: [volunteer@theicm.org](mailto:volunteer@theicm.org)

319.625.6255



### Coralville Public Library

**Minimum Age:** Ages 7<sup>th</sup> to 12<sup>th</sup> grade

**Requirements & Training:** Application

**Volunteer Activities:** Shelve books, help with programming/events, stamping bookmarks, general organizing, and withdrawing books.

**Contact Information:**

Email: [kstierler@coralville.org](mailto:kstierler@coralville.org)

[www.coralvillepubliclibrary.org](http://www.coralvillepubliclibrary.org)

319.248.1850



# Organization Profiles

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## North Liberty

### North Liberty Community Pantry

**Minimum Age:** 12 and older

**Requirements & Training:** Must complete an orientation for ongoing opportunities.

**Volunteer Activities:** Check in and greet families, bag groceries, and replenish shelves during pantry shifts. Pick up donations, process donations, and stock shelves during evenings and weekends.

**Contact Information:**

Email:  
volunteer@northlibertycommunitypantry.org  
319.626.2711



### North Liberty Community Library

**Minimum Age:** 6th grade and up

**Requirements & Training:** 1hr. a week at a set date and time.

**Volunteer Activities:** Shelve books and keep books in order, assist with special programming or events, or special projects.

**Contact Information:**

Email:esilva@northlibertyiowa.org  
319.626.5801

## Washington

### Washington Chamber of Commerce

**Minimum Age:** 14 years or older

**Requirements & Training:** Will fit the volunteer to a community event.

**Volunteer Activities:** Dependent upon the event.

**Contact Information:**

Email:info@washingtioniowa.org  
319.653.3272

