



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

April & May 2025



CORALVILLE
COMMUNITY
FOOD PANTRY

Coralville Community Food Pantry
Soup Beyond Borders Free Community Meal
Food Prep April 3rd Event April 4th

Coralville United Methodist Church and Coralville Public Library

Volunteers are needed to help with the following:

- Food preparation prior to the event
- Food preparation and transport the day of the event
- Event assistance
- Event cleanup

Learn More and Sign-up to volunteer at this link: [Soup Beyond Borders Volunteer Opportunities](#)



NEIGHBORHOOD
CENTERS

Neighborhood Centers of Johnson County
2nd Annual Spring Gala – April 12th (set up April 11th)
Unitarian Universalist Society 2355 Oakdale Rd, Coralville

Volunteers are needed to assist with set-up, parking, av & streaming, welcome/registration, food/beverages, other event activities and clean-up after the event.

Volunteer information and sign-up:

[NCJC Volunteers 2023/24: 2025 Annual Spring Gala](#)

For more information contact: Bella Arredondo 319 354 2886 ext. 104

Bella-Arredondo@ncjc.org



Kirkwood Workplace Learning Connection 18th Annual 8th Grade Student Financial Literacy Fair Volunteers needed to assist in Johnson & Washington Counties Various Dates in April

Workplace Learning Connection is again partnering with middle schools for this interactive budgeting experience. In the classroom students learn about career paths, budgeting basics, and financial well-being. Based on their interests they select a career, determine their monthly income, and develop a virtual budget.

The Fair brings together important financial concepts and provides an impactful budgeting practice based on each students' financial choices.

You are invited to talk with 12-14 year old students for 3 hours. A brief training is provided. Previous experience and budgeting expertise are not required. Your volunteer time is key to making this a powerful learning experience.

Use this link for information and to register to volunteer:

[Financial Literacy Fair Sign-Up Link](#)



Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of federal and state tax returns for households with income less than \$64,000.

Volunteers are critical to the success of the VITA program. VITA volunteers help complete and file tax returns for those who have a limited income. On average, it costs a taxpayer nearly \$300 to have taxes done. This money can instead be used for basic needs such as groceries and rent.

Volunteer opportunities include Greeters and Tax Preparers and shifts are flexible January through mid-April. No tax experience is required. Online training sessions are provided and required.

For more information or to register to volunteer, access this link:

[Become a VITA Volunteer! | Johnson County \(johnsoncountyiowa.gov\)](#)



Girl Scout Event: Journey the World

**April 4th and 5th Various times and volunteer activities available
Hawkeye Downs Speedway and Expo Center**

Journey the World is an enriching cultural fair designed to celebrate and explore the diverse tapestry of cultures that shape our identities and communities. This vibrant event invites Girl Scouts and community members throughout eastern Iowa to engage with issues that impact families and girls throughout the world. Girl Scouts from Johnson and Washington Counties are attending this event.

The 2025 theme is “Our Story: Reflecting the symbolism and values of our Movement,” which details how the values of Girl Scouting can help Girl Scouts and Girl Guides develop the confidence to advocate for themselves, for others, and for big causes they care about.

- Enjoy interactive exhibits from troops in our council
- Sample cuisines from around the world
- Hands on activities with over 30 community partners
- Create Friendship bracelets and circuit card making in our Makerspace

Volunteers are needed to assist with setting up the venue, facilitating various activities, and clean up.

Volunteer Link: <https://www.signupgenius.com/go/70A084EADAA2AA0FE3-46934618-journey>



Domestic Violence Intervention Program and Rape Victim Advocacy Program Shop for Survivors April 12th 9:00am – 2:00pm

Volunteers are needed at local grocery stores to hand out shopping lists and request individuals purchase items needed to support survivors served by DVIP & RVAP.

- Store volunteer shifts: 9:00am – 11:30am and 11:30am-2:00pm at various local grocery stores.
- Driving route volunteer shifts: 9:30am – 3:30pm
- Donation sorting and clean-up: 2:00pm – 5:00pm

More information and volunteer sign-up link: [DVIP & RVAP Shop for Survivors](#)



Ronald McDonald House 41st Annual Red Shoe Run & Walk Sunday, May 4th Lower City Park

This event raises important funds and awareness of the goal to keep families close to each other in their time of need. This event also serves as an Annual Family Reunion, where alumni families return to visit and see each other, staff, and volunteers.

This fun day requires 100+ volunteers to ensure the Run is a success for families and participants. There are multiple volunteer opportunities from loading the truck on Friday, helping set up the course Sunday morning, to cheering on runners as they run.

Use this link to view the list of volunteer opportunities and shifts:

[Red Shoe Run & Walk 5K Volunteer Registration](#)



Girls on the Run of Eastern Iowa 5K Saturday, May 24th

Various Volunteer shifts available from 7:00am – 2:00pm
Solon Recreation and Nature Center

Join Girls on the Run for the annual spring 5K to celebrate the achievements of 300+ participants completing their 8-week season! Help make the event fun, memorable, and organized by volunteering. There are opportunities for everyone, from set-up and tear-down to cheer stations along the course!"

Volunteer Sign-up and Information:

[Girls on the Run Spring 2025 5K Volunteer Registration | Pinwheel](#)

Contact Naomi Bratsch-Prince at naomi@girlsontheruniowa.org



Ronald McDonald House Meal Groups Urgently Needed Monday through Sunday

There is currently an urgent need for volunteer groups to help prepare meals for families returning from the hospital. This is a great opportunity for groups of up to 8 volunteers to make a meaningful impact.

Meal groups will choose the meal, bring the groceries, and use the fully equipped commercial kitchen to prepare the meal. Dinner is served at 5:30 PM, and typically 60 guests are served each night.

This opportunity is available Monday–Sunday, and community support is especially needed at this time. Interested groups can learn more about the opportunity and sign up by utilizing this link: [Meal Opportunities Signup form](#)



UnityPoint Health
AbbeHealth Services

Aging Services, Inc. - Pathways Adult Day Health Center Day Program for Seniors and Adults with Disabilities Volunteers Needed - Variety of Activities Available

Pathways can create a custom volunteer experience for individuals or groups and offer one-time or short-term volunteer options. Volunteers can assist with anything from 1:1 time with participants (playing a game, talking, or assisting them during a big group program), helping out with main group activities during crafts or games, coming to help with a holiday party, or administrative tasks such as filing or mailing letters.

If you are interested in learning more about how you can make a difference at Pathways in Iowa City, reach out to Hannah Lenth by e-mail or phone:

Hannah.lenth@unitypoint.org 319-339-6162



Agape Café

**Breakfast Clean-up Wednesday Mornings 9:00am-11:00am
26 East Market Street at Old Brick Church, Iowa City**

Agape Café serves a free, hot, breakfast dine-in or to-go for neighbors experiencing homelessness and/or food insecurity. Breakfast is served every Wednesday.

Volunteers are needed to assist with breakfast clean up. Volunteer activities include washing dishes, putting away supplies, tables and chairs, etc. Flexibility with volunteer hours is available. Come early and enjoy a great breakfast.

If you are interested in volunteering or learning more, contact Jenny Britton at: 319-400-4879 or agapebreakfast@gmail.com



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop

Crowded Closet is ready to swing into spring- and we need help from volunteers like you!

We are ready to host new and returning volunteers as we organize and process clothing items to be sold on our retail floor!

We are also looking for volunteers to aid in providing excellent customer service on our retail team. Saturday openings are available!

Crowded Closet Thrift Shop receives donated items and sells them locally to support relief, development, and peacebuilding around the world and in our community.

Find our volunteer application [HERE](#), email us

at crowdedcloset.volunteer@gmail.com or give us a call at 319-337-5924 ex 12



Stamp Out Hunger

May 10th – Multiple Volunteer Shifts

10:00am-12:00pm, 12:00pm-2:30pm, 3:00pm-5:00pm

CommUnity Food Bank 1045 Hwy 6 East, Pepperwood Plaza, Iowa City

The National Letter Carrier's Stamp Out Hunger Food Drive has been held annually each year since 1993. Letter carriers will collect non-perishable foods while delivering their mail routes. Donated food will be provided to the three local food pantries.

This food drive is only successful due to the community donating their time and non-perishable food. Volunteers are needed to assist with food collection and food sorting. Volunteers will be provided with drinks, snacks, and lunch.

If you would like to volunteer, please utilize this link: <https://volunteersignup.org/7Y9LR>

Contact Ben Kayser with questions or for more information:
319-240-8138 or bkayser2005@gmail.com



Fields of Faith

Planting, weeding, harvesting, and packing produce

Saturday Mornings May through September 8:00am-10:30am

2554 Cemetery Road NW, Oxford IA 52322 (Johnson County)

Fields of Faith is a nonprofit farm dedicated to growing and sharing fresh produce with local churches, food banks, and community organizations. Learn hands-on farming and sustainability practices... no experience necessary! Groups welcome.

Information and Volunteer Sign-up: [Volunteer Opportunities - Fields of Faith](#)
Contact: Jeff Disterhoft (319)-930-5987 or info@fofiowa.org



Houses into Homes

Houses into Homes provides gently used beds, furniture, and household items for families and individuals in Johnson County who are exiting homelessness, domestic violence, and other crisis situations.

This work is only possible with the support and service of community members!!

Delivery and Warehouse Volunteers

Volunteers are needed for furniture deliveries on Sunday April 12, Sunday April 27, Saturday May 10, Sunday May 18: [Click here to sign-up](#)

Volunteers are needed to assist in the warehouse: [Click here to sign-up](#).

[Click here to view all Houses into Homes volunteer opportunities.](#)

The Johnson County Meals on Wheels program is looking for additional Flex Drivers. Flex Drivers are substitute drivers who are available to fill in for last minute volunteer cancellations to deliver meals.

Meal delivery takes place Monday-Friday with pick up time between 10:15am and 10:30am. Routes typically take between one to two hours. Meal pickup location is at the Meals on Wheels Coralville office, 2210 9th St. Coralville, IA 52241.

New volunteers will fill out a volunteer application for Johnson County on our [website](#) or with this direct link: <https://www.volgistics.com/appform/196250922> Once approved, volunteers can sign up for this position through the volunteer portal or through Stephanie directly. Flex volunteers are typically notified the day before the delivery shift.

For additional information or questions, please contact:
Cara Brady , Johnson County Volunteer Coordinator 319-375-3160



Shelter House - Individual Volunteer Opportunities

Shifts are flexible to volunteer schedules

Volunteers are needed to help with the following:

- Sorting donations
- Fulfilling client donation requests
- Assisting in the Job Lab to help clients use computers to apply for jobs, create resumes, and apply for housing.

Visit <https://shelterhouseiowa.org/volunteer/> for more information and to fill out a volunteer application today!

Contact: brett.mccartt@shelterhouseiowa.org



Iowa Valley Habitat for Humanity Construction Volunteers Needed – Iowa City Locations Volunteer shifts available Thursday-Saturday every week 8:00am-12:00pm & 1:00pm-5:00pm

Iowa Valley Habitat for Humanity is looking for additional construction volunteers throughout April and May to help with the progress of current builds in the Iowa City area.

Volunteers will help construction staff through the entire home building process. No prior experience or knowledge is required! Volunteers are trained and provided with all the tools needed to accomplish the tasks at hand.

Age Restrictions: All volunteers must be at least 16 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian. Minor volunteers also have slight restrictions regarding the jobs they can help with. If a volunteer is under 18, it is best to contact the Volunteer Coordinator in advance.

Sign up to volunteer here: [Volunteer Calendar](#)

For questions or more information please contact:
Sammi deNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org



Neighborhood Centers of Johnson County New Onsite Volunteer Opportunities

Volunteers are needed to assist with the following:

- **Sewing Class Leader** – Share your skills with a creative group of learners.
- **Early Learning Classroom Helper** – Support teachers and toddlers in a warm, caring environment.
- **Youth Program Mentor/Helper** – Assist with after-school programs and provide extra academic support.

For more information contact: Bella Arredondo 319 354 2886 ext. 104
Bella-Arredondo@ncjc.org



Ronald McDonald House Weekly Scheduled Volunteers

Weekly scheduled volunteers assist with miscellaneous duties to keep the House a clean, welcoming environment. There are three different positions to choose from:

- Front Desk Volunteers
- Kitchen Volunteers
- In-House Volunteers

If you are interested in learning more complete the online application here:
<https://rmhc-eiwi.org/volunteer-application/>



HACAP Food Pantry – Washington, Iowa 2176 Lexington Blvd

Volunteers are needed to assist in the HACAP Food Pantry in Washington.

- Sort and organize food donations during the week
- Assist with grocery store pick-ups of donated food
- Ensure food is distributed quickly and safely to those in need
- Volunteer shifts are flexible and can be tailored to volunteer availability

For more information or to volunteer contact:

Renella Crawford, Washington Operations Director
319-653-7275 or rcrawford@hacap.org



UNITED WAY
Johnson and
Washington Counties

United Way of Johnson & Washington Counties Office Volunteers

The United Way of Johnson & Washington Counties is looking for office volunteers to assist with office needs and various projects. Tasks such as donation counting and sorting, mailing projects, inventory of community impact items, organizing, etc.

Volunteer time would typically be during business hours Monday-Friday. Flexible scheduling based upon project needs and volunteer availability.

If you are interested in learning more about volunteering at the United Way office, please contact Wendy Nolan: wendy.nolan@unitedwayjwc.org or 319-338-7823

For information on other volunteer opportunities:

United Way Volunteer Center

<https://www.unitedwayjwc.org/volunteer-center>

319-337-8657 or email: vols@unitedwayjwc.org

Wendy Nolan

Volunteer and Community Engagement Manager

United Way of Johnson & Washington Counties

(319) 338-7823

www.unitedwayjwc.org

