



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

May & June 2025



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



Iowa City Community School District **69th Annual Track & Field Day – 4th and 5th Grades** **Liberty High Track Field 10:50am – 1:30pm**

Volunteers are needed to assist current and retired PE teachers with various events being held each day. The teachers will provide instructions for each event, time and/or measure, but help is needed recording the times/scores/results on a clipboard and/or calling the students and team names listed on the clipboard as needed.

There are a variety of fun events for volunteers to assist with such as Tug-o-War, Running and Field events. 8-16 volunteers are needed each event day.

Event Dates:

- Monday, May 12
- Tuesday, May 13
- Wednesday, May 14
- (rain dates May 19-21)

If you are interested in volunteering or learning more, please contact Jen Neubauer, ICCSD Elementary PE/Health Coordinator, at: neubauer.jen@iowacityschools.org



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



Summer of the Arts

Iowa Arts Festival

June 6 – June 8

2 – 3.5 hours shifts available for days, afternoons, and evenings

Volunteers are needed for a variety of events and activities including the Art Fair, Beverage Garden, Bike Parking, Merchandise Booth, and Water Booth. Limited help needed in children's activity area on Saturday.

Volunteer Information and Sign-up:

<https://summerofthearts.volunteerlocal.com>

Links to the Volunteer Application (at the bottom) and Event Sign-Ups are on one landing page (this is a two-step process)

For questions or more information, contact Andrea Truitt, Director of Engagement:
andrea@summeroftheARTS.org



Coralville Community Food Pantry

804 13th Ave, Coralville

Summer Lunch Program June 6 – August 22

Tuesday-Friday 11:00am-1:30pm

The Coralville Community Food Pantry will be providing a free meal and fun activities to local kids every Tuesday-Friday.

Volunteers are needed to welcome kids and their families, serve food, and play games. Use this link to review volunteer opportunities and sign-up:

June Volunteers: [June Summer Lunch Sign up](#)



Summer of the Arts

Rhythms at Riverfront Crossings

May 24, June 14, July 12, July 26, Aug 2, Aug 16, Aug 30

1.5-2.5 hour late afternoon and evening shifts

Volunteers are needed with event set-up and tear down, and with monitoring the entrance/exit by the stage (Big Grove Brewery serves beverages at the event site).

Volunteer Information and Sign-up:

<https://summerofthearts.volunteerlocal.com>

Links to the Volunteer Application (at the bottom) and Event Sign-Ups are on one landing page (this is a two-step process)

For questions or more information, contact Andrea Truitt, Director of Engagement:
andrea@summeroftheARTS.org



Ronald McDonald House
5th Annual Bubble Walk
Saturday, June 21st Coe College, Cedar Rapids

The 5th annual Bubble Walk needs volunteers to assist with set-up, tear-down, registration, help on the course, and bubble activities. Throughout the Bubble Walk there are different bubble activities such as bubble art, human bubble, giant bubbles, bubble tunnel, obstacle courses, a foam station, and more! It is a really fun day for everyone involved.

Use this link to review and sign-up for volunteer opportunities:

[RMHC of Eastern Iowa and Western Illinois: 2025 Bubble Walk Volunteers](#)



Boys and Girls Club of Iowa City
After-School Academic & Enrichment Support
Monday-Friday between 3:30pm-5:00pm
Boys & Girls Club of Iowa City 1059 Hwy 6 US E, Iowa City

Volunteers are needed to support after-school programming. These volunteer opportunities are a great fit for individuals or small groups looking to make a meaningful impact in a short amount of time.

- Read one-on-one with K-5th grade students
- Lead fun math games with small groups
- Support creative art projects

For more information or to volunteer contact Ronnie Smith: 319-330-3832 or rsmith@inmyclub.org



Ronald McDonald House
Prepare A Meal for Families
Bring your team to prepare a meal for families.

Returning from the hospital to a hot and fresh dinner is definitely the most appreciated amenity offered to guests of the Ronald McDonald House.

Groups up to 8 at a time are welcomed into the kitchen. The group determines the menu. Meal groups provide the groceries for their meal. All necessary equipment needed to prepare your dishes should be available in the kitchen. Dinner is served daily at 5:30pm, and your group is welcome to come anytime starting at 2pm. If you are interested in signing up for a date, you can check availability and sign up on the online calendar here:

[RMHC-EIWI Online Meal Calendar](#)



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

Calling all students: make your summer count!

Crowded Closet is excited to host new and returning student volunteers and community volunteers to help in a variety of roles across donation processing and retail.

This is a great opportunity for students to gain skills, build resumes, engage with the community, and make a difference locally and globally!

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

Find our volunteer application [HERE](#), email us at crowdedcloset.volunteer@gmail.com or give us a call at 319-337-5924 ex 12.



Community Crisis Services and Food Bank

Current volunteer needs include the Food Bank, Mobile Pantry, Grocery Delivery Driver, and Financial Services Support

Food Bank Volunteer Signup: [HERE](#)

Mobile Pantry Volunteer Signup (by location): [HERE](#)

Grocery Delivery Driver Volunteer Signup: [HERE](#)

Financial Support Services Volunteer Information: [HERE](#)



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 May 18, Sunday June 1, Saturday June 14: [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 always looking for construction volunteers 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

