



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

May & June 2026



Stamp Out Hunger

May 9th – Multiple Volunteer Shifts

10:00am-12:00pm, 12:00pm-2:00pm, 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, held annually since 1993, is the nation's largest one-day food drive. Letter carriers collect nonperishable donations along their routes to support local food pantries.

Volunteers are needed to help collect and sort donations at the CommUnity Food Bank. Last year, thousands of pounds of food were collected for the community. Lunch, drinks, and snack are provided to volunteers.

If you would like to volunteer, please click here: <https://www.volunteersignup.org/4BW8R>
Contact Ben Kayser with questions: 319-240-8138 or bkayser2005@gmail.com



Cystic Fibrosis Foundation

Great Strides Eastern Iowa at Kinnick Stadium

Saturday, May 9th

During this fun-filled morning, friends, families, and colleagues come together to support the Cystic Fibrosis Foundation and bring hope to those affected. Often called "the best day of the year," it is a meaningful and memorable way to connect and give back.

Volunteer opportunities are available from 7am-12pm to assist with registration, field day games, food, and set-up/tear-down.

Click here to sign up: [Here](#) | Contact: April Lu (alu@cff.org)



Coralville Asian Festival
May 16th – Multiple Volunteer Shifts
ST Morrisson Park 1513 7th St, Coralville, Iowa 52241

The 4th annual Coralville Asian Festival is going to be held May 16th. Many volunteers are needed to help with the success of this event.

This event is a celebration of Asian cultures in our community. Volunteers are needed for setup, tear down, guest support, activities, and more.

Your participation is crucial in making this festival a success, and it is volunteers like you who help keep our festival running! Everyone ages 16+ is welcome. 16 and under must be accompanied by an adult.

Learn more and sign up to volunteer at this link: [Click here](#)
Contact coralvilleasianfest@gmail.com with questions or sign-up positions



Iowa City Community School District
70th Annual Track & Field Day – 4th and 5th Grades
West High School Track 10:50am-2:00pm

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 measuring. Volunteers will help record times, scores, and results on clipboards and may also assist with calling student and team names.

There are a variety of fun events for volunteers to assist with such as Tug-o-War, running races, and field events.

Volunteer Need: 8-16 volunteers per day

Event Dates:

Monday, May 11th

Tuesday, May 12th

Wednesday, May 13th

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



NEIGHBORHOOD
CENTERS

Neighborhood Centers Towncrest Work Day Thursday, May 21st 9:30am-1:00pm 1041 Arthur St, Iowa City, Iowa 52240

Join Neighborhood Centers for a hands-on work day at their new Towncrest Neighborhood Center as they prepare the space to welcome families. Volunteers will work alongside their team to help with cleaning, touch-up painting, assembling furniture, and setting up rooms. It is a great opportunity to be part of bringing a new neighborhood space to life. Pizza will be provided at the end of the shift!

If interested, sign up: [Here](#)



DVIP/RVAP Summer Community Events

Multiple Dates & Times

Various Locations Across Southern Counties

Each summer, DVIP/RVAP attends community events to share resources, answer questions, and connect with individuals and families. These events help build strong, supportive communities.

Volunteers are needed to assist with tabling, including setting up materials and engaging with community members. Your support helps create a welcoming environment and strengthens neighbor-to-neighbor connections.

A brief training will be provided prior to volunteering, covering confidentiality, services, and event expectations.

If you would like to volunteer click: [Here](#)

Contact: Amanda Green (amandag@dvi Iowa.org) with any question or for more information.



Fields of Faith
produce with purpose...

Fields of Faith

Individual Volunteer Opportunity

As Fields of Faith heads into the growing season, extra help is needed during the weeks to support weekly garden operations, including harvesting, pruning, weeding, and general upkeep.

Volunteers are invited to join the "Weed Warriors," a flexible opportunity to help whenever your schedule allows. No experience is necessary – just a willingness to lend a hand and support local growing efforts.

Volunteers can sign up to receive a short weekly email with available opportunities to choose when to participate. You can sign up at this link: [Sign up](#)

Contact: Jeff Disterhoft (info@fofi Iowa.org)



Coralville Community Food Pantry Individual Volunteer Opportunity 804 13th Avenue Coralville, IA

The Coralville Community Food Pantry is seeking volunteers to support their Summer Lunch Program. This program helps provide meals to children and families in the community during the summer months.

Individuals interested in volunteering are asked to complete a volunteer application. Once submitted and approved, volunteers will receive access to sign up for Summer Lunch shifts.

Click here to fill out a volunteer application: [Click here](#)
Contact: Shané Ahmedoska (shane@coralvillefoodpantry.org)



DVIP/RVAP Individual Volunteer Opportunities

DVIP/RVAP is looking for more volunteers. Volunteers have an opportunity to pursue either direct service or indirect service. Direct service requires a commitment contract and minimum of 6 hours each week including some on-call commitments.

Learn more and sign up to volunteer at this link:
https://secure.lglforms.com/form_engine/s/JD4kCqs5rxa_wG5C5OZ94Q
Contact: amandag@dvi Iowa.org

CYCLING WITHOUT AGE **Cycling Without Age Johnson County Individual Volunteer Opportunity**

Cycling Without Age Johnson County is seeking a volunteer to help them review, implement, and test a ride-booking system. This role will support their participation in a test group for new software designed specifically to manage and coordinate schedules with their volunteer pilots. The ideal volunteer would be someone who is organized, comfortable with technology, a good communicator, and interested in improving how rides are scheduled.

If you are interested in volunteering or would like more information contact Nancy Footner: nfootner@gmail.com
To learn more about Cycling Without Age: <https://icbikelibrary.org/cycling-without-age>



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



4C's of Johnson County
Individual Volunteer Opportunities

4C's is looking for detail-oriented volunteers who enjoy organizing, refreshing spaces, and creating a sense of calm and order.

Current Office Projects:

Binder Breakdown & Recycling Project:

Help us clear out outdated binders by emptying materials for shredding/recycling and preparing the binders for reuse.

Storage Closet Refresh:

Bring your organizing superpowers! Volunteers will help sort materials, group like items, label shelves, and create a more functional, easy to navigate storage area for staff.

Executive Director Office Spruce-Up:

Help redecorate the ED's office by hanging photos/art, rearranging items for better flow, and giving the space a polished, welcoming feel. No design experience needed.

To volunteer or learn more contact: Laura Lage (laura@iowa4cs.com) or Terrie Doehrmann (terrie@iowa4cs.com)



Mark Twain Lucas Farms Food Pantry at Faith UCC 1609 Deforest Ave., Iowa City

- **2nd & 4th Wednesday 2:00pm-6:00**
- **2nd & 4th Tuesday late morning to unload the food truck**

Volunteers are needed to assist in serving an increasing number of families. Interpreters are also needed.

Volunteers welcome and assist guests, help carry groceries for shoppers, and restock shelves with available items.

For questions or more information, contact Faith UCC by phone or e-mail:
Faith UCC: 319-338-5238 or faithucc2014@gmail.com or
57czahradnek@gmail.com



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!! Volunteers are needed for furniture deliveries as well as a variety of tasks in the warehouse.

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



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop

Individual and Group Volunteer Opportunities

Crowded Closet is looking for volunteers to help after hours during a 'Work Night'. Volunteers will help with clothing processing, tagging, and other tasks.

To sign up for this event click: [Here](#).

Students: Make your summer count by investing in yourself and your community as a volunteer at Crowded Closet. You will gain skills, build your resume, serve locally, and make an impact globally! Plus earn Silver Cord hours. Flexible shifts available.

To sign up for volunteer shifts click: [Here](#)

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.

For more information or additional questions email:

crowdedcloset.volunteer@gmail.com



Iowa Valley Habitat for Humanity

ReStore Volunteers Needed - Help ReStore Sort Cans!

**Volunteer shifts available Tuesday-Saturday every week
9:30am-1:00pm & 1:00pm-5:00pm (No Wed. am shift)**

Iowa City ReStore is looking for additional ReStore volunteers throughout December and January to help with sorting cans. When volunteers fill up a truckload of cans, IVHFH receives roughly \$1,000 that helps fund our mission.

Volunteers will help ReStore staff sort through cans and put them into the correct bundles before loading them into one of the ReStore trucks.

Age Restrictions: All volunteers must be at least 14 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian.

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

For questions or more information please contact:

Sammi DeNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org



Agape Café

Meal Prep Tuesday Afternoons 1:00pm-3:00pm

Breakfast Service 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 a Tuesday afternoon prep period and Wednesday service. The afternoon prep involves setting up the dining hall at Old Brick and assembling ingredients for the following morning's breakfast. Wednesday morning 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. Signup [Here](#)

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



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/>



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop Weekly Scheduled Volunteers

Be part of the award-winning retail team at Crowded Closet Thrift Shop where they provide excellent customer service to their guests. Retail service is a fun way to serve! They have several exciting retail positions awaiting new volunteers. This is a great opportunity for individuals to gain skills, build their resumes, engage with their community, stay active, and to make a difference locally and globally!

If you are interested in learning more complete the online application [here](#): or email at crowdedcloset.volunteer@gmail.com



Iowa City Free Medical & Dental Clinic Volunteers Needed Variety of Volunteer Positions

The Iowa City Free Medical & Dental Clinic is looking for a variety of volunteers:

- Reception
- Clinic Assistant
- Patient Guides
- Interpreters
- Phlebotomist/Laboratory
- Pharmacy

Apply online at: <http://freemedicalclinic.org/give-time/>

[Volunteer Descriptions – Free Medical and Dental Clinic \(freemedicalclinic.org\)](#)

For questions or further information e-mail: volunteer@freemedicalclinic.org

The Johnson County Meals on Wheels program is looking for additional drivers to bring nutritious food and friendly check-ins to neighbors who need them most.

Meal delivery takes places Monday-Friday with pick up around 10:30am. Meal pickup is at Meals on Wheels Coralville office, 2210 9th St. Coralville, IA 52241.

Open routes available are filling in for an absence, filling in occasionally or even permanent weekly routes. Each route takes about an hour to an hour and a half.

To volunteer, call Cara Brady, Volunteer Coordinator for Meals on Wheels at 319-375-3160.



Shelter House - Individual Volunteer Opportunities

Shifts are flexible to volunteer schedules

Volunteers are needed to help with the following:

- Receiving and sorting community donations
- Fulfilling client donation requests and assisting the front desk as needed
- Assisting in the Resource Center to help clients use computers to apply for jobs, create resumes, apply for housing, etc.

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

Contact: brett.mccartt@shleterhouseiowa.org



Ronald McDonald House **Casserole Club Volunteers**

Volunteers are welcome to come in during the day and prepare casseroles for us to freeze and later provide to families when we do not have an evening volunteer meal group.

Groups of 8 can be accommodated. You bring in the ingredients to prepare your casseroles on-site. Our fully stocked kitchen will have everything else you need! We ask that Casserole Club groups wrap up by noon, so if we have a meal group coming in that evening, the kitchen will be available. 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](#)



Neighborhood Centers of Johnson County Onsite Volunteer Opportunities

Volunteers are needed to assist with the following:

- **Front Desk Volunteer Assistant:** The front desk volunteer assistant is a vital part of creating a safe, kind, and helpful environment in our lobby areas, as well as being a key bridge of communication between parents, teachers, and staff. (7:30am - 9am, 12pm-1pm, or 3:30pm-5:30pm)
- **English or Citizenship Class Volunteer:** Support adult learners in our English or Citizenship classes! As a volunteer, you will assist the lead instructor by guiding participants through activities, holding conversations to build confidence, and providing one-on-one support. This role helps create a positive, engaging learning environment for all participants. (Citizenship classes are held Mondays, and Fridays from 6–8 PM and English classes are held Tuesdays from 6–8 PM - both at our Pheasant Ridge Neighborhood Center.)

For more information or to sign up contact: Bella Williams 319 354 2886 ext. 104
Bella-Arredondo@ncjc.org



UnityPoint Health
AbbeHealth Services

Agging Services, Inc. - Pathways Adult Day Health Center Individual Volunteer Opportunities

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, reach out to Hannah Lenth by e-mail or phone: Hannah.lenth@unitypoint.org 319-339-6162



Historical Secret 1883 Octagonal Barn

Barn Restoration Volunteers

Johnson County, 5750 Osage St SE, West Liberty, IA
52776

Volunteer dates and times are flexible. Individual and Group Volunteers are needed to assist with cleaning, repairing, and painting the Historic Secret 1883 Octagonal Barn.

For more information or to schedule a volunteer time, contact Richard Tyler at:
rich-tyler@uiowa.edu



Iowa Valley Habitat for Humanity Construction Volunteers Needed – Iowa City 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 May and June to help with the progress of the current build on the North side of Iowa City.

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

Community Crisis Services and Food Bank Individual Volunteer Opportunities



Food Bank Volunteer Signup: [HERE](#)

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

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

Bag Prep Volunteer Signup: [HERE](#)

Financial Support Services Volunteer Information: Contact Ryan Markle (ryan.markle@builtbycommunity.org)



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 reception, 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

