



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

September & October 2026



FRYfest 2026

September 4th – A Celebration of Everything Hawkeye

Volunteer for this great event!!

A variety of volunteer times and activities are available. Volunteering for community events helps keep these events free and accessible to all community members.

Use this link for Volunteer Sign-up and more Information:

<https://fryfest.com/volunteer/>



DVIP/RVAP

Wednesday, September 9th
10am-12pm

Houses into Homes is generously helping DVIP/RVAP move some furniture into their new housing unit The Row, in Johnson County. **They need 12-15 volunteers to help move furniture.** The Row will expand DVIP/RVAP's capacity to serve Johnson County residents by providing up to three years of equitable, stable housing paired with other comprehensive services needed for victim-survivors to rebuild their lives!

To sign up use this link,

<https://www.signupgenius.com/go/10C0F44AEAD2FABFCE9-65460950-dviprvap#/>

and then **scroll down and select Save & Continue to enter your contact information.** Thank you for supporting victim-survivors in our community!

Contact: amandag@dvipiowa.org and 319.325.9223.

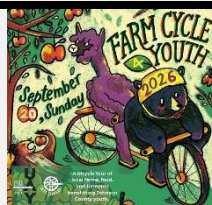


TRAIL of Johnson County
Friday, September 11th 1:00-3:00pm

On September 11, TRAIL will honor the National Day of Service and Remembrance by helping older adults throughout Johnson County. Volunteers will complete yard and garden projects for TRAIL members who need an extra hand. Projects may include weeding, trimming shrubs, spreading mulch, and raking.

No gardening experience is required. Everyone is encouraged to participate. In just two hours, volunteers can make a meaningful difference by improving the safety and appearance of a home while reminding TRAIL members that someone cares.

To sign up: https://volunteer.unitedwayjwc.org/need/detail/?need_id=1293898



Farm Cycle for Youth Volunteers & Riders Needed – Sunday, September 20th

The Bike Library and United Action for Youth (UAY) are teaming up for **Farm Cycle for Youth** on September 20th! This event combines UAY's Ride 4 Youth with the Bike Library's Farm Cycle to bring the community together, generate more donations, and support both organizations.

Volunteers are needed to help with the event, and **riders are also encouraged to participate!** Whether you're interested in volunteering, riding, or both, this is a great opportunity to get involved and support local youth.

Link to sign up:

https://docs.google.com/spreadsheets/d/1tElVp8AKCh8eXoEuY2VegdG0CAmffoemIFam0_QJ-Y/edit?gid=0#gid=0



BBQ Bash Fundraiser – Shelter House Friday, September 25th 5:00-7:00pm Johnson County Fairgrounds

Shelter House annual BBQ Bash fundraiser will take place on Friday, September 25 from 5:00-7:00pm at the Johnson County Fairgrounds. In order to make this event a success, they will need help from some dedicated volunteers on both September 24 and 25. Volunteer duties include helping with set-up, tear-down, serving food and drinks, and more. The link below has more information for this event.

Sign Up for BBQ Bash Here: <https://bit.ly/shbbqbash26>

Contact: brett.mccartt@shelterhouseiowa.org



Africa Fest
Individual Volunteer Opportunity
Saturday, October 4th 12:00pm-9:00pm
Iowa City Ped Mall

The African Festival of Arts and Culture, **Africa Fest**, is looking for volunteers to help make this year's festival a success! Africa Fest is an annual event that celebrates the vibrant presence of Africans in Iowa while highlighting the rich cultural traditions they have brought with them. The festival offers something for everyone, including **food, live music, vendors, and more.**

To sign up for a volunteer shift, click:

<https://www.signupgenius.com/go/10C0A4CAAAD2BA1F8C61-57349309-volunteer#/>

To learn more about the event, visit: <https://www.africafestiowa.com/>



Coralville Community Food Pantry Blood Drive
Thursday, October 8th 10:00am-1:00pm
804 13th Ave

Coralville Community Food Pantry
Thursday, October 8
10:00 am - 1:00 pm
Donor Bus - Coralville Community Food Pantry

To book an appointment, scan the QR code
or call ImpactLife at 800-747-5401.
ImpactLife provides blood to area hospitals
such as Iowa City VA Medical Center, Grady and
University of Iowa Hospitals & Clinics.



Last Date to Create Donations: 10/15/20 Group Code: 6249

The Coralville Community Food Pantry is partnering with Impact Life for a blood drive. Use the sign up link below to donate to a good cause!

https://login.bloodcenter.org/donor/schedules/drive_schedule/150288



Winter Weather Wear Distribution
The River Community Church, 3001 Muscatine Ave.
Volunteers Needed – October 11-17

Temperatures will be dropping soon, so let's help ensure everyone in our community has the proper outerwear this season. The Winter Weather Wear Distribution is an effort that provides essential winter gear for families in need, but it can only run smoothly with the help of dedicated volunteers.

Volunteers are needed to help with **set-up, sorting donations, assisting families, restocking, and tear down.** People with language skills in **Spanish, French, or Arabic are especially welcome!**

To sign up for a volunteer shift, use this link:

<https://www.signupgenius.com/go/30E0B49A9AE2FA20-65187518-warm#/>

Contact: T'Shailyn Harrington (tharrington@iowa-city.org)



Free Lunch Program – Treasurer Opening

The Free Lunch Program is seeking a Treasurer to join its Board of Directors. The Treasurer serves as the board's lead financial overseer, reviewing financial reports, assisting with budget development, overseeing tax filings and accounting processes, and helping manage the organization's financial accounts and expenditures.

The Treasurer is a voting board member and part of the Executive Committee. Board members are expected to attend quarterly meetings, serve on a committee, and make an annual contribution according to their means.

For more information, contact: Laura Hunter at icfreelunch@gmail.com or 319-337-6283.



**Ecumenical Towers
Bingo Caller Volunteers
320 E Washington St. Iowa City**

Ecumenical Towers is looking for volunteers to help call Bingo numbers for their monthly Bingo activity for their residents. It would be once a month for an hour. The date and time of day can be flexible.

If you are intereted, contact: Stacey Clennon at 319-887-2796



**Cycling Without Age
Volunteer Treasurer Position**

Cycling Without Age - Johnson County is a growing, all-volunteer organization dedicated to bringing the joy of cycling to those who cannot ride a bike independently due to age or disability. In partnership with the Iowa City Bike Library, Inc., they are currently seeking a volunteer treasurer to join their steering committee. The ideal candidate is enthused about the mission, and has the necessary experience and skills to provide oversight for longterm sustainability, risk management, ethical stewardship, and nonprofit compliance. This is a strategic position as the Bike Library book keeper manages the day to day finances.

If you are interested, send a brief summary of your background and relevant experience to cyclingwithoutage.jc@gmail.com

For more information visit <https://icbikelibrary.org/cycling-without-age>



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.

Volunteer link:

https://secure.lglforms.com/form_engine/s/JD4kCqs5rxw_wG5C5OZ94Q

Contact: amandag@dvipiowa.org



The Salvation Army Food Shelf & Dinner Service Volunteers 1116 Gilbert Ct. Iowa City, IA 52240

Food Shelf Volunteers:

- Help clients shop the food pantry
- Organize food items
- Track household sizes
- Manage capacity and entry flow

Days/Times: Mondays and Wednesdays 12:45-2:15pm

Dinner Service Volunteers:

- Assist with meal prep and serving
- Prepare to-go meals
- Support kitchen and dining room operations
- Handle light cleaning tasks.

Days/Times: Monday-Friday 4:30-6:30pm

Contact: Grace Broderick at Grace.Broderick@usc.salvationarmy.org



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. Volunteers can sign up to receive a short weekly email with available opportunities to choose when to participate. Sign up at this link:

<https://docs.google.com/forms/d/e/1FAIpQLSfB6NPol7oQIOQw6xS8t4gA0KizXtFBiXLeGO7A0R-wy2wHMA/viewform?pli=1>

Contact: Jeff Disterhoft (info@fofiowa.org)

United Way is looking for a handy, willing-to-help volunteer who can be a go-to person when something in the office needs attention. This person would help triage minor problems, troubleshoot issues, handle simple maintenance or repairs, and pitch in when an unexpected need arises. This volunteer will help us keep the office space running smoothly.

If you are interested, contact: Wendy Nolan (wendy.nolan@unitedwayjwc.org)

**Johnson County Historic Poor Farm - Grow Johnson County**
Volunteer Opportunities
Multiple shifts and time available

The Johnson County Historic Poor Farm needs help this summer for a variety of outdoor volunteer projects that support local agriculture and site improvements. Opportunities are available for individuals or groups.

Parking Lot Post Setting

- Help install approximately 60 fence posts for a new parking area. Volunteers will set, level, and tamp posts into pre-dug holes
- Dates: Flexible, June-early July
- Physical requirement: Lifting up to 25 lbs, squatting, and kneeling
- Time commitment: Half day

Weed Suppression & Field Maintenance

- Help maintain the farm by mowing, mulching, and trimming around fields
- Dates: Flexible; some evening opportunities available
- Physical requirements: Carrying up to 25 lbs, squatting, and kneeling
- Time commitment: Flexible

Contact: Emmaly Renshaw emmaly@ivrcd.org if you are interested

**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

Online application: <https://rmhc-eiwi.org/volunteer-application/>



DVIP/RVAP Summer Community Events

Multiple Dates & Times

Various Locations Across Southern Counties

Each summer, DVIP/RVAP attends around 200 community events across their service area to share resources & connect with community members. They want people to see familiar faces at their tables and know their neighbors are there to help.

If you are able to help your neighbors by tabling with DVIP/RVAP, please reserve a spot at this link: [https://www.signupgenius.com/go/10C0F44AEAD2FABFECE9-63292367-dviprvap#/.](https://www.signupgenius.com/go/10C0F44AEAD2FABFECE9-63292367-dviprvap#/)

Prior to tabling at an event, there will be a brief tabling training to let you know what to expect.

Contact: amandag@dvipiowa.org and 319.325.9223.



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

Individual Volunteer Opportunities

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.

Volunteer Opportunities: <https://www.housesintohomes.org/volunteer>



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@shelterhouseiowa.org



Iowa Valley Habitat for Humanity

ReStore Volunteers Needed - Help ReStore Sort Cans!

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

Iowa City ReStore is looking for additional ReStore volunteers 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.

Volunteer Calendar: <https://www.iowacityrestore.com/volunteer.html>

For questions or more information please contact:

Sammi DeNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org



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/>

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



Agape Café

Meal Prep Tuesday Afternoons 12:45pm-3:00pm

Breakfast Service Wednesday Mornings 7:00am-11:00am

26 East Market Street at Old Brick Church, Iowa City

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

Volunteers are needed to assist with Tuesday afternoon meal preparation and dining room set-up, as well as Wednesday morning breakfast service. Volunteer opportunities include food preparation, serving guests, dishwashing, food service assistance, and clean-up/breakdown activities.

Flexibility with volunteer hours is available. Signup:

<https://www.signupgenius.com/go/10C094DA5AD2CA5FACF8-60021700-2026#/>

Contact: Jenny Britton - 319-400-4879 or agapebreakfast@gmail.com



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop Weekly Scheduled Volunteers

Crowded Closet is ready to welcome new volunteers! At the Closet you can find a variety of volunteer opportunities across the donation processing and retail teams. 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. Volunteer application: <https://www.crowdedcloset.org/volunteer.html>

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

Sign up: <https://www.signupgenius.com/go/70A054DABA722A0FA7-57892128-work#/>

Contact: crowdedcloset.volunteer@gmail.com



Historical Secrest 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 Secrest 1883 Octagonal Barn.

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

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. There are typically 4 routes that are open daily. Meal pickup is at Meals on Wheels Coralville office, 2210 9th St. Coralville, IA 52241.

Volunteers will need to complete a short application, background check, and a couple of short videos to watch before starting routes.

To volunteer, call Cara Brady, Volunteer Coordinator for Meals on Wheels at 319-375-3160. Or you can signup online at horizonsfamily.org

Community Crisis Services and Food Bank **Individual Volunteer Opportunities**



CommUnity is in need of volunteers for delivery services, pantry preparation, and mobile food preparation

Grocery Delivery:

- Monday-Friday 1:00-3:00pm
- Pick up prepared deliveries at CommUnity and deliver food to local households using your personal vehicle

Staple Bag & Delivery Preparation:

- Monday-Friday, 11:00am-2:00pm
- Help prepared grocery deliveries and staple bags for distribution

Mobile Pantry Helper:

- Tuesdays, Wednesdays, and Thursdays
- Most shifts are 4:00pm-5:30pm (varies by location)
- Assist with food distribution at mobile pantry sites throughout Iowa City

Sign Up [Here](#)

Contacts:

Krystal Kabela, Volunteer Coordinator: krystal.kabela@builtbycommunity.org
Mobile Pantry Staff: mobile.pantry@builtbycommunity.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

[RMHC-EIWI Online Meal Calendar](#)



**4C's of Johnson County
Individual Volunteer Opportunity
1500 Sycamore St, Iowa City, IA 52240
Shifts available M-F 9am-4:30pm**

4C's is looking for volunteers to help remove old office furniture, scan items into folders, and separate documents into shred/no shred sections.

To sign up: Call 319-338-7684 or email Terrie at terrie@iowa4cs.com



**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 to help with two current home builds 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.

Volunteer Calendar: https://build.iowavalleyhabitat.org/volunteer_calendar

Contact: Sammi DeNeui sammi@iowavalleyhabitat.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 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

