Did you know...
In just one volunteer shift, a group of 30 can sort & pack enough food to provide more than 17,000 meals?

Volunteers are vital to our mission. *We couldn’t feed hungry Arizonans without you.*

Volunteering at St. Mary’s Food Bank on

Here are a few important reminders before you come in to volunteer:

- Please enter the campus through the East Gate off of Thomas Road and park in any open spaces in the designated parking areas.

- For your comfort and safety while volunteering, please follow our dress code:
  - Closed-toe shoes
  - Shirts with sleeves *(No tank tops, spaghetti straps, sleeveless, midriff or low-cut tops)*
  - Shorts may be worn at mid-thigh length.
  - Jeans or pants must be worn appropriately.
    *(No sagging or being worn below the waist.)*

- St. Mary’s does not have any kind of lockers or storage, so please leave all of your personal belongings at home.

- All volunteers must be at least 12 years of age to volunteer at any St. Mary’s Food Bank facility. Youth who are 14 and older can volunteer alone with a parent/guardian signature on the parental release form.

Other Ways to Get Involved

Host a food drive! A food drive is an easy way to collect non-perishable food items for the Food Bank to distribute to those most in need. Make a donation! Every dollar you give can provide seven meals to those in need. It’s easy to bring in a donation on the day you volunteer.