

LOAVES & FISHES CENTERS

The Meals-On-Wheels People

Offsite Volunteer & Fundraising Opportunities

Get involved as an individual, family or organization and make a difference in the life of seniors!

Volunteer...

- **Deliver Meals-On-Wheels**

Meals are delivered between 10:30 and noon. Routes take between 1 to 1.5 hours. Weekday and weekend opportunities are available. Visit our website at www.feedseniors.org to locate a center near you.

Organizations - Your organization can "Adopt-A-Route" by committing to volunteer and deliver Meals-On-Wheels to the same 6-10 seniors, one day per week, every week. Join more than 100 other companies and civic organizations that already have teams.

- **Group Volunteer Opportunities**

Small Groups - Serve meals to our seniors at one of 36 centers located throughout the greater Portland/Vancouver area. Adopt a "center improvement" project such as painting, cleaning or gardening. (5 people or fewer)

Large Groups - Help prepare 5,000 meals at our main Central Kitchen located in Multnomah Village. Volunteers are needed weekdays and shifts range as early as 6 a.m. to as late as 3 p.m. Tasks include helping with pre-plating meals, assembly line, bakery, dishwashing and food prep. Dress code is long pants, no sleeveless shirts and closed-toed shoes. (12 people or fewer)

- **Luncheons**

Organizations - Your organization commits to providing the volunteers needed to cover event tasks such as set-up, greeting guests and take down. The Vancouver Luncheon takes place in April and 15 volunteers are needed, the Portland Luncheon takes place in May and 20-30 volunteers are needed.

- **Deliver Meals on Thanksgiving Day**

Approximately 250 volunteers are needed to deliver a hot, turkey dinner with all the trimmings to homebound seniors on Thanksgiving Day, November 22, 2012. Typically the volunteer is the only person our seniors see on this special holiday. The friendly visit is just as important as the hot meal. Deliveries take place between 10:30 a.m. and noon and involve four to five stops.

Fundraise...

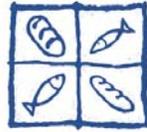
- **Donate Dinner Fundraiser**

The Saturday through Wednesday before Thanksgiving, volunteers greet customers as they enter grocery stores and hand out Donate Dinner cards. Two volunteers for each two-hour shift at one of the 26 participating grocery stores. A total of 1,300 hundred volunteers are needed for this event.

Organizations - Adopt a store for one day. Your team recruits 10 volunteers to staff a store between 10 a.m. and 8 p.m. Sign up early and reserve the date and store of your choice.

For more information contact Stacey Myhrvold, Director of Volunteer Resources
503-953-8137 or smyhrvold@lfcpx.org

Thank you for supporting Loaves & Fishes Centers... with your help we can make a difference!



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Onsite Volunteer & Fundraising Opportunities

Get involved as an individual, family or organization and make a difference in the life of seniors!

Fundraise...

- **Host a Jeans Day at Your Company**

If you work in an office where jeans aren't the norm, allow employees to "pay" for the privilege of wearing them. Once approved by management, set aside a day as Jeans Day. Those who want to participate donate a minimum amount of money, usually \$5, in order to dress casually for the day. Since there is no cost, 100 percent of the proceeds go toward meals. Take it a step further by making the last Friday of every month "Jeans Day for Loaves & Fishes" and help feed a senior for a year!

This program has proven to be a fun and easy way of promoting teamwork and community involvement for employees. Employees are also given the opportunity to present a check to Loaves & Fishes on behalf of the company!

- **Run a Milk Carton Coin Bank Campaign**

"Small change makes a BIG difference" in the life of a senior! Be a part of the Loaves & Fishes Milk Carton Coin Bank Campaign. Alpenrose has supplied the banks, we need YOUR help to collect the coins! Simply request the number of banks you'd like, we'll deliver them to you and collect them when they're filled. Contact Tearesa at 503-953-8132 to request banks.

- **Big Fish & President's Table**

Big Fish – "Make a Splash for Seniors"

The Big Fish Club is a monthly giving program that allows you to make a big difference in the life of a senior by spreading your gift out over a year's time. Your monthly gift of \$85 equals an entire year of meals for one senior. This annual contribution also recognizes you as a member of our President's Table.

President's Table

Your annual contribution of \$1,000 or more feeds a senior for a year and reserves a place for you at our President's Table. Benefits include:

- recognition in the Annual Report and Donor Wall
- Invitation to President's Reception, tours and other programs
- Updates from the Executive Director and quarterly newsletter

- **Matching Gifts**

Many employers will match a gift to a nonprofit organization. Contact your HR department or supervisor for information on how to get your gifts matched.

Volunteer...

- **Decorate Holiday Cards**

Make a Senior Smile! Homebound seniors are sometimes forgotten, making the holidays a difficult time of year. Decorate cards during the holiday season or Mother's/Father's Day and help us remind them how special they are to us!

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