



Title: **HEAD START - FOOD FOR KIDS: NUTRITION - COLLECTION PROJECT**
Reports To: Volunteer Specialist
Type: Volunteer Position
Duration: Short-Term Collection Project

Position Summary:

Help grow great brains! Community Action Partnership of Ramsey & Washington Counties serves nearly 1,500 Head Start children and their families yearly. In these early education programs, our team of educators, family advocates and volunteers help families with youth from ages 0-5 prepare for kindergarten.

Benefits of Volunteering:

Fantastic team-building activity for a group of any size or age. Knowledge that you are helping children thrive!

Essential Functions:

Duties & Responsibilities:

- An individual or group of volunteers will host a collection drive and/or purchase items
- Collect one bag or more; any donation will help feed kids and their low-income families
- Submit a timesheet to the Volunteer Specialist
- If a group, the leader must keep track of the number of volunteers assisting and total hours donated
- Collect any of the items below; please contact us in advance to ensure that we have space available in our food storage area

Suggested Items to Collect/Purchase: *(non-perishable and not expired)*

- Baby Food (canned) and/or Baby Formula (dry)
- Beans (dry or canned)
- Canola, Coconut, Corn or Olive Oil
- Cereal (hot & cold, rice for babies)
- Flour (corn, rice, wheat, etc.)
- Fruit (such as applesauce, canned juice, mango, orange, pineapple, etc.)
- Macaroni & Cheese, Hamburger or Tuna Helper, etc.
- Meat (canned or dehydrated)
- Milk (shelf-stable or dehydrated)
- Pasta (rice noodle, spaghetti, etc.)
- Peanut Butter, Jelly, Jam, Honey, etc.
- Rice (jasmine, kokuho, wild, etc.)
- Salsa, Curry Paste, Ketchup, Mustard, etc.
- Sauce (spaghetti, fish, oyster, etc.)
- Soup (beef stew, chicken noodle, etc.)
- Starch, Baking Powder, Baking Soda
- Sugar, Stevia or Sugar-Free Sweetener
- Vegetables - canned (such as bamboo shoots, chilies, hominy, mushrooms, tomato, etc.)
- Halal or Kosher items appreciated
- Other: diapers, laundry detergent, soap (bath, dish), kid shampoo, toilet paper
- Reusable bags (optional)

Please DO NOT include any additional items or notes. Thank you!

Qualifications:

Time Commitment:

- Time depends upon how much food that you wish to collect
- This volunteer opportunity must be conducted entirely at your location and delivered to our St Paul office

- Register *before* you begin collecting items and contact us *before* you drop them off
- Food is accepted year-round though greatest need is during the school year

Location: (drop off food)

450 Syndicate St North, St Paul, MN 55104 (Office is located on the Green Line train route.)

REGISTRATION INFORMATION:

Complete a Short-Term Registration Form at www.capr.org/volunteer *and* email/scan it to volunteers@caprw.org
Questions? Email volunteers@caprw.org or call 651-603-5979

The mission of **Community Action** is to reduce the causes of poverty and its impact on people's lives in our community. Community Action Partnership of Ramsey & Washington Counties provides a variety of programs including Energy Assistance, Energy Conservation, Head Start, Early Head Start, Civic and Community Engagement Programs. Visit www.capr.org to learn more. 2019