

Group Volunteer Opportunities

Supplying and Packing Meal Bags	
Time commitment: 1-2 hours Training required: - Offsite meal packing: no training required. - Onsite meal-packing: 1-hour training required for lead volunteer. Available times to deliver packed meal bags or have volunteers onsite to pack meal bags: 10-11:30 a.m. 1:30-3:30 p.m. - Email carlat@raleighrescue.org or madelynh@raleighrescue.org to schedule a date and time for meal packing or delivery of meal bags. How to pack the bags: - Please pack the meal bags in a clear gallon-size Ziploc bag.	Description: - We currently pack and distribute 150-200 meal bags per day (over 1,000 per week). - Volunteers can either help onsite or offsite by preparing and packing meal bags. - If you choose to pack onsite, we will set up a designated area for you in our dining room, and you will be able to make the sandwiches as you pack the meal bags. Offsite: - Purchase the items (listed below), pack the bags, and schedule a donation appointment to drop them off at the Mission. We will handle the sandwich-making onsite. Onsite: - Purchase the items (listed below), pack the bags, and also make the sandwiches at the Mission.
What to Include	
All meal bags should include the following items: - Individual chewy or crunchy granola bars (no nuts, please) - Small bag of chips - Bread and turkey meat for sandwiches (do not pre-make sandwiches) - Ziploc sandwich bags (optional) - A note of encouragement (optional)	
Host a Meal	
Time commitment: 2-4 hours Training required: 1-hour general volunteer training required for lead volunteer. - Brief kitchen training required for lead volunteer. - A few days before your scheduled meal to provide important information on kitchen operations, as well as the location of cookware, appliances, and utensils.	Description: - A group of 6-10 volunteers can sign up to host a meal for our clients and staff at the Mission (lunch or dinner). This can include preparing the meal onsite or catering it from an external provider. Meal options: - Groups can purchase groceries, cook the meal onsite, serve it, and clean up afterward. Alternatively, groups can cater the meal, serve it, and clean up. Meal Sponsor Guide: - Please refer to the Meal Sponsor Guide that outlines mealtimes, suggested menus, and specific serving guidelines for each meal.
Host a Self-Care Workshop	
Time commitment:	Description:

1 hour for a men's workshop, often scheduled on Mondays or Fridays. Training required: 1-hour general volunteer training required for lead volunteer with an additional meeting to discuss the workshop details.	- Your group can host a "Self-Care" workshop to engage our clients in a positive and informative way. - Suggested topics include healthy snacks, how to shop for groceries on a budget, any kind of calming activity, etc.
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Host Mock Interviews	
Time commitment: 1 - 2 hours, only available on certain Mondays or Fridays of the month. Training required: 1-hour general volunteer training required for lead volunteer with an additional meeting to discuss the workshop details.	Description: - Your group can support clients in Jobs for Life (Phase 3) by hosting mock interviews. - Volunteers are paired with a current client to ask interview questions and to provide feedback after the interview. - We will provide a Mock Interview Guide as a resource.

Host a Drive - Please communicate with Volunteer Team before hosting.	
- Frequent needs - Snacks (chips and granola bars without nuts) - Full-size hygiene products - Twin-sized, white sheet sets - White bath towels - Men's white t-shirts	Please communicate with the Volunteer Team before hosting a drive to determine what items are most needed and to schedule a donation appointment.

Sponsor a Holiday	
Gift Donations: - Help provide gifts for our clients. - Something personal like a handwritten card or small items that make them feel loved. Special Meals or Treats: - Sponsor a holiday meal or treat, creating an opportunity for our clients to enjoy a festive gathering. - This could include a Christmas dinner, a Father's Day lunch, or any meal that aligns with the holiday being celebrated. (See our Meal Sponsor Guide to learn about hosting a meal).	Decorations and Celebrations: - Supply and decorate the dining room to make it more welcoming and festive, whether it's Valentine's Day flowers, Christmas carols, or another game or activity to make the day more engaging and fun. Time commitment for decorations: 1 hour Training required for decorations: 1-hour general volunteer training required for lead volunteer.

Sponsor an Ice Cream Sundae Party	
Time commitment: 1-2 hours Training required:	Description: Your group could bring a few flavors of ice cream along with several toppings to create an ice cream sundae bar.

1-hour general volunteer training required for lead volunteer.	- Volunteers could scoop ice cream, serve toppings, and engage with the clients. - You could also bring cookies and other treats to go with the ice cream.
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Sponsor a Popcorn Bar Party	
Time commitment: 1-2 hours Training required: 1-hour general volunteer training required for lead volunteer.	Description: - RRM has a commercial popcorn maker. - Your group could bring popcorn kits for our popcorn maker along with serving bags. - You could also bring various sweet and salty toppings for popcorn. - Volunteers can serve popcorn and toppings while they engage with the clients.

Supply Assessment Bags	
- Provide comfort bags for clients who come onsite for an assessment. - Up to 20 at a time. - Bags will be distributed for anyone, adult or child, waiting for an assessment. - Inexpensive string bag or tote bag that is durable	- Snacks – sweet and salty treats - Bottled water - Fidget toy - Resource card – RRM can add to bags. - Breathing or stress management exercises - Scripted note of encouragement – RRM would provide suggestions.

Deep Clean Public Areas of the Mission	
Time commitment: 2-4 hours Training required: 1-hour general volunteer training required for lead volunteer.	Description: - Disinfect and sanitize public and staff bathrooms, including walls and baseboards. - Sweep and mop floors in bathrooms and area outside the elevator. - Disinfect and sanitize doorknobs. - Vacuum carpets. - Sweep and mop stairwell. - Disinfect and sanitize dining area, including client tables, floors, and baseboards. - Sweep and mop the floor in the dining room. - Sweep and mop storage areas for all closets and hallways.

Easter, Thanksgiving, Christmas Options	
- Support our holiday meal delivery event for Thanksgiving and/or Christmas. - Help us package and deliver between 1,500 – 1,700 meals for each holiday. 320+ volunteers needed for each holiday. - Nov. 23 – 26 - Dec. 21 - 23 - Signups will post to the Volunteer page of our website by early October.	- Shop for Christmas gifts for our clients and their children through our Amazon wish list. - Wish list will post to our Recurring Needs page on our website by Nov. 1.

Key Information
- Lead volunteers should share training information with the rest of the group. - We can accommodate groups of up to 10 volunteers for each activity. The number of volunteers is determined by activities.