



Volunteer Opportunities

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Second Harvest Northern Lakes Food Bank offers a variety of regional volunteer opportunities for you to get involved in our hunger-relief work.

Volunteer in our Food Distribution Center

- Re-pack, sort and label food
- Pack food for our Nutrition Assistance Program for Seniors (NAPS), Backpack and Mobile Food Pantry Programs
- Sanitize and keep our facility food safe

Location: Second Harvest Northern Lakes Food Bank, Duluth, MN

Requirements: Must be able to stand, lift, bend and follow food and personal safety procedures. Please wear closed-toe shoes, clean and comfortable clothing. Shirts must cover the shoulder and armpit area. Please refrain from wearing jewelry or clothing with loose, dangling beads

Time/Days: Weekdays/Evenings

Volunteer with our Programs

- Support individuals and families utilizing our Food Shelf
- Support individuals and families utilizing our Mobile Food Pantry Programs
- Support seniors utilizing our Nutrition Assistance Program for Seniors (NAPS)
- Deliver food to seniors as part of our Nutrition Assistance Program for Seniors (NAPS)
- Deliver food to schools as part of our Backpack Program

Location: St. Louis, Carlton, Lake, Cook, Douglas, Bayfield, Ashland, and Iron Counties

Requirements: Depending on role, must be able to sit, stand, lift, bend and carry up to 40 pounds and follow food and personal safety procedures. Must be friendly and enjoy working with people. Please wear closed-toe shoes, clean and comfortable clothing. Must be dependable and have reliable transportation.

Time/Days: Weekdays/Variable



Volunteer in our Office

- Perform data entry
- Organize and maintain files and data
- Make phone calls
- Conduct mailings

Location: Second Harvest Northern Lakes Food Bank, Duluth, MN

Requirements: Detail oriented, highly organized. Must be friendly and enjoy working with people.

Times/Days: Weekdays

Volunteer for our Special Events/Raise Awareness

- Serve on our volunteer committees
- Solicit support
- Serve pre, post and/or event day
- Represent us at regional events

Location: Variable

Requirements: Detail oriented, highly organized, creative. Must be friendly and enjoy working with people.

Times/Days: Weekdays/Evenings/Weekends

