

Southern Maryland Food Bank & Outreach Services

Volunteer Needs

Community Run Food Drives (Organized by the volunteer/group)

- **Dates:** Year round
- **Location:** Any location
- **Length of opportunity:** Unlimited
- **Need:** No long-term commitment needed.
- **Group size:** Any
- **Minimum age:** None

Varied Seasonal Weekend Events (General event help, food collection, etc.)

- **Dates:** Typically, Nov-Dec
- **Location:** TBD
- **Length of opportunity:** TBD
- **Need:** No long-term commitment needed.
- **Group size:** Any
- **Minimum age:** TBD based on task

Meals & Hope Mobile Soup Kitchen

- **Dates:** pre-scheduled Mondays & Wednesdays evenings year-round
- **Location:** Various locations throughout Charles County
- **Length of opportunity:** 4:45 pm to 6:15 pm. 1.5 hr opportunity per service
- **Need:** No long-term commitment needed.
- **Group size:** 1 – 4
- **Minimum age:** 12+ with adult, 16+ w/o adult.

Seeds of Hope Community Garden

- **Dates:** pre-scheduled Thursdays during the spring/summer
- **Location:** The Southern Maryland Food bank
- **Length of opportunity:** Varying length of opportunity, approx. 2 – 4 hr per service.
- **Need:** No long-term commitment needed.
- **Group size:** No size requirement. However, a maximum of 12 is preferred.
- **Minimum age:** 4+ with adult, 16+ w/o adult.

Snack Saks

- **Dates:** Tuesday mornings during the school year
- **Location:** The Southern Maryland Food bank
- **Length of opportunity:** 9:00 am to 12:00 pm – 3 hrs.
- **Need:** Long term, dedicated, weekly volunteers required.
- **Group size:** Individual basis.
- **Minimum age:** Adults over 18 only.

Senior Saks

- **Dates:** pre-scheduled Thursday mornings year-round
- **Location:** The Southern Maryland Food bank
- **Length of opportunity:** 9:00 am to 11:00 pm – 2 hrs.
- **Need:** Long term, dedicated, weekly volunteers required.
- **Group size:** Individual basis.
- **Minimum age:** Adults over 18 only.