



## Food Bank Activity Night Frequently Asked Questions

### Who can volunteer during an Activity Night?

We accept volunteers of all ages during our Activity Nights. All volunteers must be scheduled in advance. We recommend scheduling several weeks or even months in advance, because spots fill up quickly. Groups of up to 20 people are allowed, but size may be limited further based on availability and time of year.

### What do volunteers do during Activity Nights?

Activity Night volunteers work in the food bank warehouse and pantry under the supervision of a food bank employee. Food Bank volunteers help sort cans, restock the pantry, assemble kits, clean, and other tasks as needed. For your safety, we ask that you wear loose-toed shoes. Work gloves are optional.

### When are Activity Nights?

Activity nights are Mondays – Thursdays from 6:30 p.m. to 8 p.m., excluding the holidays. See the [Activity Night Calendar](#) for availability.

### Where do I need to go to volunteer?

We are located at 815 S. Freedom Blvd. in Provo, just South of the Frontrunner station. Please come to the Northeast entrance marked “Donations and Volunteers.” All other entrances will be blocked.

### How do I sign up?

All volunteers must be scheduled in advance. We recommend scheduling several weeks or even months in advance because spots fill up quickly. Groups of 20 people are allowed, but size may be limited further based on availability and time of year. See the [Activity Night Calendar](#) for availability. You reach the volunteer coordinator at [volunteer@communityactionuc.org](mailto:volunteer@communityactionuc.org) or **801-691-5220** with further questions.