

## United Way of Tri-County Direct Service Volunteer Opportunities:

**Pearl Street Cupboard & Café is a direct service of United Way of Tri-County providing hunger relief and connecting families and neighbors in need of essential services in the community. PSC serves approximately 200 families weekly in their Cupboard and Cafe.**

- Pearl Street Cupboard, 10 Pearl Street, Framingham
  - M-W-F, from 9-1P, sorting, bagging and assisting clients with nutritional foods
  - Wednesday evenings, from 5-7P, Sorting, bagging and assisting clients with nutritional foods
  - Tuesday, from 9-1P, assist with sorting food and stocking shelves
- Pearl Street Café, 10 Pearl Street, Framingham
  - Tuesday & Thursday, from 5-7:30P, prepare, serve our clients hot meals and cleanup
  - M-F, from 9-2P, office assistance consisting miscellaneous task which also consists of typing data into an on-line program. Any a day/time that works best with your schedule.

**Marlborough Community Cupboard is a direct service of United Way of Tri-County providing hunger relief in the community to 100 families weekly. MCC also provides free clothing and household items to their clients; provides Human Services solutions to the Community and provides Marlborough homebound seniors with nutritional needs.**

- Marlborough Community Cupboard, 255 Main Street, Marlborough
  - M-W-F, from 9-1P, sorting, bagging and assisting clients with nutritional foods and clothing
  - Wednesday evenings, from 5-7P, sorting, bagging and assisting clients with nutritional foods
  - Monday and Thursday, from 11–2P, assist with unloading the donation truck then sort/stock shelves
  - Tuesday & Thursday, from 9-1P, assist with sorting donated clothing
  - M-F, from 9-2P, office assistance consisting miscellaneous task which also consists of typing data into an on-line program. Any day/time that works best with your schedule.

**United Way Distribution Services is a direct service of United Way of Tri-County. Through our affiliation with Gifts-in-Kind International and generous local and regional corporations, we obtain new and gently used items such as office furniture, office supplies, paint, home goods and other items for distribution to local non-profits, schools and municipalities.**

- United Way Distribution Services, 29 Bishop Street, Framingham
  - Monday – Friday, 9-3P, assist with various warehouse activities including sorting & stocking donated household products

**Wheat Community Connections is a direct service agency of the United Way of Tri-County serving the communities of Berlin, Bolton, Clinton, Lancaster and Sterling since 1982. The WHEAT Café provides nutritious meals six nights a week free of charge and the Cupboard provides grocery items for more than 120 families weekly. Proceeds from our Hidden Treasure's Thrift Store go directly back into the community by providing many annual programs.**

- Wheat Community Connections, 500 Main Street, 2<sup>nd</sup> Floor, Clinton
  - Tuesday – Friday, 9-Noon, assist with unloading donation truck, sort, stock shelves, bagging and help clients
  - T-F, from 9-2P, office assistance consisting miscellaneous task which also consists of typing data into an on-line program. Any day/time that works best with your schedule.
- Wheat Community Café, 242 High Street, Clinton
  - Tuesday, 9-11A, assist in unloading donation truck and stock the shelves & freezers
  - Sunday – Friday, from 3-6:30P, assist in food prep, serving our clients and clean-up.
- Wheat Community Hidden Treasures, 178 High Street, Clinton
  - Tu-W-Th-Sa, from 10-4P, sort donations, stock racks & shelves and assist clients with their purchases
  - Friday, from Noon-4P, sort donations, stock racks & shelves and assist clients with their purchases

**United Way Women's Alliance unites women – their time, talent, and resources – into a powerful network of individuals devoted to enhancing and strengthening integration opportunities for women and girls within**

our community. Alliance members volunteer with women's and girl's programs with a focus on education, literacy, and domestic violence prevention.

- **Imagination Library:** Help children develop a solid foundation for a successful education and grade-level literacy preparedness by reading to children, registering families for book delivery, and picking up books from the post office. Commitments range from 1-4 hours per month.
- **Investment Tours:** Spend an hour each month visiting a supported program that is improving the lives of women and girls in our community.
- **Commission on the Status of Women:** Participate in an annual forum on the status of women and girls in MetroWest/495 Corridor communities.
- **Outreach:** Build relationships with higher education facilities in the MetroWest/495 Corridor area, communicating news and projects that would be meaningful for college students or young professionals.

Emerging Leaders and Youth Venture are a groups of engaged, civic-minded young professionals ages 21-40 who participate in exclusive volunteer opportunities with the Youth Venture program. Youth Venture is a social entrepreneurship program that inspires and invests in teams of young people ages 12-20 to start projects that create positive, lasting change in their communities. Emerging Leaders volunteer with Youth Venture in the following ways:

- One time Youth Venture volunteer opportunity (1.5 hours, weekdays during after school hours 2-5pm)
  - **Skill Development:** Help a team of young people develop a business skill for a successful Venture. Topics include, but are not limited to budgeting, marketing, public speaking, and sustainability planning
  - **Selection Panelist:** Serve on a selection panel of local leaders who determine whether a Youth Venture team is eligible to receive up to \$1,000 in start-up funding.
- Longer term opportunities (10-15 hours over 3 months, once a week during after school hours 2-5pm)
  - **Youth Venture team mentor:** Support a team of young people as they take their project from an idea through implementation. Offer support as they create youth-led projects and support skill development drawing on your own experiences and supplementary materials provided by United Way.
- Emerging Leaders leadership committee (12-20 hours annually)
  - In addition to volunteering with Youth Venture, Emerging Leaders have a unique opportunity to participate in social networking events and roundtable discussions with industry-leading CEOs. Support Emerging Leaders by helping to organize and promote social networking events and CEO roundtables to area young professionals.

The Plant-a-Row for Hungry Program is people-helping-people initiative to provide hungry families with fresh, nutritious produce. Community members are encouraged to donate their surplus garden produce to help feed those in need.

- The success of Plant-a-Row hinges on community involvement. Home gardeners, schools, places of worship, youth and community organizations, and area businesses can help make a difference for their neighbors in need by planting a row of seed and donating their surplus to United Way of Tri-County's Pearl Street Cupboard & Café in Framingham, Marlborough Community Cupboard in Marlborough and Wheat Community Services in Clinton.
- Local farmers and orchards can also plant an extra row to benefit the MetroWest/495 Corridor residents at risk of hunger. Because of the amount of food they grow, farmers and growers can make a big difference with just one row of fruit trees or vegetable plants aiding in this fight against hunger.
- Plant and share with your neighbors this year! Our clients love fresh, healthy produce!
- Produce donations are gladly accepted during the Cupboard hours:
- Monday – Friday, 9:00 – 1:00P