

LOOKING TO MAKE AN IMPACT?

YOU ARE NEEDED

Food Banks and Food Pantries around Iowa are in need of volunteers to help pack boxes for pickup and neighborhood food deliveries, as they attempt to provide food to children, at-risk families, and senior citizens. They are seeing four times the demand for food, and volunteer resources have declined dramatically as the largest pool of volunteers – retirees – are at higher risk of contracting and becoming seriously ill from COVID-19. This leaves Food Banks and Food Pantries struggling to meet the needs of vulnerable Iowans.

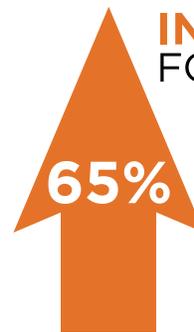
If you are healthy, low risk and do not live with anyone who is ill or high risk, please consider volunteering at your local food bank or food pantry to assist with meal packing and distribution. You can make a difference in your community by ensuring all Iowans are able to have access to the food they need to survive.

FIND YOUR PLACE

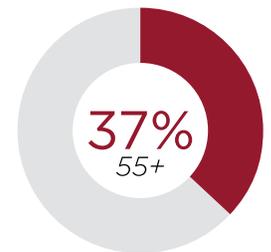
Find volunteer needs in Iowa by visiting volunteeriowa.org. Click on “COVID-19 Food Distribution Opportunities” and search by zip code. In addition, you can find your local food pantry through the [Iowa Food Bank Association website](#).

If you will be volunteering, please review [guidelines for volunteering during the COVID-19 crisis](#) and follow all safety protocols in place at the food bank or food pantry.

If you are unable to volunteer but still want to help, donations of non-perishable foods and hygiene products are being accepted at most food banks and food pantries.



**INCREASE IN DEMAND
FOR FOOD ASSISTANCE**



**OVER 1/3
OF IOWA VOLUNTEERS
FALL WITHIN THE
HIGHER-RISK AGE GROUPS**

