

It's easy to get started! If you're an individual interested in helping, visit www.ctfoodbank.org/volunteer. You can register and begin reviewing opportunities on our calendar and register for events that fit your schedule right on the site. Of course, we're always just a phone call away at 203-741-9074 if you have questions or want to know more.

Businesses, community groups, schools, faith groups and other organizations can call Delores Wisdom at 203-741-9074 or email her at dwisdom@ctfoodbank.org. We look forward to seeing you!



Who We Are

Our Mission

The mission of the Connecticut Food Bank is to provide nutritious food to people in need.

We fulfill that mission by supplying food products and resources to our member agencies, as well as through direct food distribution programs and by promoting public awareness about the problem of hunger.

We provide food and resources to a network of community-based food programs, such as soup kitchens, food pantries, shelters, residential programs and day programs serving adults and children in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham.

An average of 148,000 people visit our network of more than 650 local programs. Last year, the Connecticut Food Bank distributed enough food to provide more than 18 million meals.

To volunteer, contact Delores Wisdom:
Phone: 203-741-9074
Email: dwisdom@ctfoodbank.org

Connecticut Food Bank

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CONNECTICUT FOOD BANK

MEMBER OF
FEEDING
AMERICA



VOLUNTEER WITH US TODAY!

***Together We Can Solve
Hunger in Connecticut***

VOLUNTEER OPPORTUNITIES

The Mobile Pantry brings healthy, fresh vegetables, fruits, low-fat dairy products and whole grains to communities where households lack access to these foods because of transportation barriers or where community programs lack additional capacity for providing fresh foods. Mobile Pantry volunteers help to unload the truck, organize food tables, coordinate lines and assist clients in selecting foods.



GROW! Up with Good Nutrition helps low-income families with young children access healthy food and improve the nutritional content of their meals while also providing parents nutrition information, financial literacy and health tools. Volunteers assist parents with shopping the truck for their fresh produce, dairy and meats and help them transfer their food bags to the rear of the truck for signing out.



The Kids' Backpack Program helps bridge the weekend meal gap for children receiving free or reduced-price lunches at school and risk missing meals when they are home. Volunteers assemble packs of nutritious, kid-friendly foods at our Bridgeport warehouse. The packs are delivered to 129 schools throughout our service area and distributed to more than 3,300 children weekly. With your help, we can provide more food to children in need.

Distribution Center Volunteers can help to sort and pack the fresh produce, frozen meats and nonperishable foods and non-food products that the Connecticut Food Bank distributes from its Wallingford facility to more than 650 programs in our service area. There are also opportunities to package products that are targeted for our senior citizens nutrition program.



Special Events are great opportunities for volunteering. Our annual events include the Walk Against Hunger, Golden Scoop, Miles For Meals 5K, food drives and special holiday activities

