

Summer Of Service Volunteer Opportunities

Available in Salt Lake Area | Summit | Tooele | Davis Counties



UTAH FOOD BANK
SERVICES



Arts & Culture

Ballet West: 801-323-6917

Help with office work, mailings, and ushering at special events.
Minimum age: 16

Discovery Gateway: 801-456-5437 ext 120

We are a hands-on museum for kids of all ages. Volunteers help with exhibits, maintenance of galleries, cleaning, playing with kids, and museum hosting.
Minimum age: 14

Utah Museum of Natural History: 801-585-7767

Help with summer camp or special events.
Minimum age: 16

Education & Literacy

Holy Cross Ministries: 801-261-3440 ext 34

Help with summer school programs. Volunteers needed in Park City June 22 through July 30. Orientation recommended. Contact for more information.
Minimum age: 16

Environment & Recreation

Utah State Parks and Recreation: 801-537-3445

Help with office work or outdoor maintenance and yard work in parks.
Minimum age: 16 with waiver signed by parent/guardian

Red Butte Garden: 801-585-5688

Help with outdoor planting projects and special events. Volunteer applications available at www.rebuttegarden.org.
Minimum age: 15

Recycle Utah: 435-649-9698

Volunteers needed at the non-profit community drop-off recycling center for recycle Utah. Minimum age: 16

Swaner EcoCenter: 435-649-1767

Monitor and maintain birdhouses, water projects, or work on plantings, weed control, restoration projects, and trail maintenance.
Minimum age: 14

The Stable Place: 801-803-4552

Walk horses for exercise, groom horses, clean stalls, and help with light grounds keeping. Must attend volunteer training.
Minimum age: 14

Utah G.A.R.D.E.N.S., Inc.: 801-604-5825

Help plant and cultivate a community garden and assist with garden projects to grow food for the needy in three different gardens.
Minimum age: 13 alone or no minimum with parent/guardian

Wasatch Community Gardens: 801-359-2658

Help as we weed, plant, and harvest from our gardens.
Minimum age: 13

Health

Utah AIDS Foundation: **801-487-2323**

Help with clerical work, deliver meals to clients, or volunteer in the food pantry. Attend HIV prevention counselor training. Minimum age: 16 alone or 14 with parent/guardian

American Diabetes Association: 801-363-3024 ext 7073

Help with special events and fundraising, such as Step Out: Walk for Diabetes, the Diabetes Expo, and the Tour de Cure on June 13.
Minimum age: 16 alone or 7 with parent/guardian

Cancer Wellness House: 801-236-2294

Help with office work, maintenance, yard work, and special events.
Minimum age: 16 alone or no minimum with parent/guardian

Friends of Multiple Sclerosis Society: 801-463-2475

Make reminder phone calls for donations. Help with office work, phone calls, and mailings. Minimum age: 10

Garden Terrace: 801-261-3664

Assist the recreation leader in running groups such as cooking classes, bingo games, parties, arts and crafts, and outings. Residents may have physical and/or mental disabilities that require them to have assistance in completing recreational activities. Minimum age: 14

Juvenile Diabetes Research Foundation: 801-530-0660

Help with office work and mailings. Minimum age: 14

National Alliance on Mental Illness: 801-323-9900

Help with office work, mailings, assembling binders, and labeling brochures.
Minimum age: 16

March of Dimes-Teddy Bear Den: 801-746-5540

Help low-income clients redeem points for incentive items at our Taylorsville location, or collect donations of infant clothing and care items by organizing a donation drive or planning a community baby shower in your school, church, club, neighborhood, or community organization.
Minimum age: 16 for boutique volunteers, no minimum age for donations or baby showers

Planned Parenthood Association of Utah: 801-532-1586

Help with administrative tasks, community outreach, and public education.
Minimum age: 14 with parental signed waiver

Ronald McDonald House: 801-363-4663

Help with cleaning and yard work. Help prepare a youth group dinner (must have a chaperone).
Minimum age: 16

St. Mark's Hospital: 801-268-7593

Junior volunteers needed for the summer to help direct clients, assist with answering phones, transporting paperwork and supplies, filing patient information, and assisting staff. Consistent attendance is very important and each volunteer is requested to work two 4-hour shifts per week with a minimum 60-hour summer commitment.
Minimum age: 16

Housing

Habitat for Humanity: 801-263-0136 ext 100

Help at home construction sites.
Minimum age: 16

International

International Rescue Committee: 801-328-1091

Volunteer with refugee families or as youth mentor with refugee youth program. Male volunteers are especially needed. Minimum age: 16

Catholic Community Services: 801-363-7710

Help sorting donations, serving lunch, mentoring refugees, and cleaning.
Minimum age: 16 alone or no minimum with parent/guardian

People with Disabilities

Kostopulos Dream Foundation: 801-582-0700

Help with recreational activities and summer camp for individuals with disabilities. Also help with grounds keeping.
Minimum age: 14

National Ability Center: 435-649-3991 ext 609

Assist with skiing, swimming, and horseback riding.
Minimum age: 15

Utah Independent Living Center: 801-466-5565

Provide individual support to clients with disabilities during classes and special events. Help with grocery store trips, cooking, and weekday outings.
Minimum age: 15

Utah Council for the Blind: 801-292-1156

Help with ceramics classes, group activities, and reading to the blind.
Minimum age: 10 or none with parent/guardian

Poverty and Nutrition

Catholic Community Services: 801-977-9119

Help sorting donations, serving lunch, mentoring refugees, and cleaning.
Minimum age: 16 alone or no minimum with parent/guardian

Crossroads Thrift Store: 801-359-8837

Help with sorting donations and cleaning. Minimum age: 14

Crossroads Urban Center Food Co-op: 801-746-7878

Help with Distribution Day at the warehouse.
One Saturday a month in the morning.
Minimum age: 10

Utah Food Bank: 801-978-2452 (volunteer department)

Monday night is Family Night from 6:00 to 7:30 p.m. Also help with yard work or delivering food boxes to seniors.
Minimum age: 16 and older or 6 and up with parent/guardian on Mondays, 12+ with parent/guardian other days

Salvation Army: 801-988-4204 ext. 237

Help with cleaning, sorting, and stocking in the store. Come for orientation at 9:30 a.m. on Mondays.
Minimum age: 15

Senior Citizens

Davis County Family and Aging Services: 801-451-3315

Help with Yard Work, and friendly visiting for homebound seniors.

Services For Seniors, A program of the Utah Food Bank:

801-978-2452 (volunteer department)
Deliver food boxes, help seniors with yard work, or for very young children, make greeting cards for seniors.
Minimum age: 16 and older or none with parent/guardian

Multi-Ethnic Senior Citizen High-rise: 801-328-2090

Help individuals clean hard-to-reach places or rearrange furniture. Do summer yard work with building manager James Carleson.
Minimum age: 15 and must work in pairs or a group

Neighborhood House: 801-363-4589

Help with yard work, maintenance, housekeeping, or special projects with residents and reading and interacting with children.
Minimum age: 13 alone or none with parent/guardian

Neighbors Helping Neighbors: 801-581-5162

Help with yard work, painting, or making crafts for elders.
Minimum age: 16 alone or none with parent/guardian

Sandy Regional Health Center: 801-561-9839

Be a nail care aide, perform musical programs, or participate in crafts, cooking classes, bowling, parties, bingo, etc. Contact activity director.
Minimum age: 16

Youth Serving Youth

Boys and Girls Club: Sugar House Club 801-484-0841, Capitol West Club 801-531-7652, Lied Club 801-364-9118, or Tooele Club 435-843-5719

Activities include assisting with kids' programs, cleaning, maintenance, special event planning, and more. Ask about the Leaders in Training (LIT) program. Minimum age: 13

The Children's Center: Penny at 801-582-5534

Call for details. Minimum age: 13

Head Start: 801-977-1122

Read to kids during school year, participate in activities, and help with yard and office work or housekeeping. Minimum age: 14

Kid's Cafe, A program of the Utah Food Bank:

801-887-1229 or 801-887-1266

Set up tables and serve hot meals to low-income youth after school.
Minimum age: 16

Sorenson Multicultural Center: 801-974-2420

Help with after-school sports and computer activities or with food serving and cleanup in Kid's Cafe. Volunteers needed for summer camp. Minimum age: 16 for Kids Café, others must be 18

YWCA of Salt Lake City: 801-537-8601

Go to www.ywca.com and click on "Get Involved." Minimum age: 16

Youth Village: 801-272-9980

Help with yard work and other projects. Minimum age: 12

Family Support Center: Midvale 801-255-6881 ext 2, Sugar House 801-487-7778, West Valley 801-967-4259

Perform general office duties, help with child care during "date night" for adoptive parents on second Saturday and fourth Friday of each month, or assist with child care in the crisis nursery.
Minimum age: 18 with background check

Bad Dog Rediscovered America: 801-322-3816

Classroom assistants needed during the day and the afternoon. Volunteers help kids with their projects, hand out materials, and help with cleaning up.
Minimum age: 15

The Road Home: 801-328-8756

Must attend volunteer orientation for 50 minutes (first and third Thursday of each month at 6:00 p.m.) Volunteers needed at front desk, computer lab, kid's book club, to help with shelter move-in, assist with playroom activities, and to play with children during parenting classes.
Minimum age: 16, or 15 with parent or guardian



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Last Updated: May 2009

Please obtain a new copy if this list is more a year old. If your cellular phone or office system does not recognize the 2-1-1 number, you can dial 1-888-826-9790 for the same free service.