



## FOR IMMEDIATE RELEASE

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### **Volunteers needed at the Food Bank of Delaware's Milford Branch**

**Milford, Del.** (September 26, 2014) – The Food Bank of Delaware is in need of volunteers at its Milford Branch to help pack and sort food, prepare meals and assist with administrative duties.

Volunteers are needed on most weekdays from Monday to Friday from 9:00 a.m. – 12:00 p.m. and from 1:00 p.m. – 4:00 p.m. Occasional weekend and weeknight hours are also available.

“Since one in five children in Delaware live in poverty, when you volunteer at the Food Bank of Delaware you are truly making a local impact,” said Milford Branch Director Chad Robinson. “Volunteers help make bags for our Backpack Program knowing that a child will be able to eat over the weekend. Making a senior meal box means that local senior citizens can breathe a little easier because they have food to eat. It is quite eye opening to realize the prevalence of people in need in our own community.”

Volunteers can sign up as individuals or groups. Volunteering is a great team-building activity for local businesses, nonprofits, school groups, faith-based organizations and others. Helping at the food bank is also a perfect opportunity for youngsters to experience the benefits of community service. Children as young as seven years old can help; those ages seven-15 will need an adult chaperone.

Volunteers must wear sneakers or closed-toe, sturdy shoes. Some volunteer jobs require the ability to lift 50-pound boxes, though not all jobs require lifting. A minimum or regular commitment is not required, and volunteers can help according to their own time schedule.

Volunteers may view available opportunities and sign up online by visiting [www.fbd.volunteerhub.com](http://www.fbd.volunteerhub.com). Groups of five or more should call or e-mail Lyndsay Humphreys, Volunteer Coordinator, at (302) 393-2011 or [lhumphreys@fbd.org](mailto:lhumphreys@fbd.org) to arrange a volunteer time.

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*The Food Bank of Delaware distributes millions of pounds of food and grocery products each year through its network of 550 hunger-relief program partners throughout the state and also provides thousands of meals a month for children through the After-School Feeding Program, the Summer Food Service Program and the Backpack Program. The Food Bank's hunger-relief programs directly provide Delawareans at risk of going without meals each year. For more information about the Food Bank of Delaware, visit [www.fbd.org](http://www.fbd.org) or call (302) 292-1305.*