

HOW CAN I HELP?

SERVICE OPPORTUNITIES

- **WORK TEAMS**
 - **MONDAY THRU FRIDAY**
 - **MEET AT 9:30 A.M. TO PREP FOR A 10:00 A.M. (SHARP!) DEPARTURE. BRING WORK GLOVES, WEAR STURDY SHOES AND PACK A LUNCH.**
- **MEALS**
 - **MONDAY THRU FRIDAY AT 6:30 P.M.**
 - **DONATE FOOD (LUNCH OR DINNER.) WE WILL FEED 25-50 PEOPLE.**
 - **COOK/PREP MEALS**
 - **DONATE AND COOK MEALS**
- **LAUNDRY**
 - **OFFER TO WASH YOUR "NEIGHBORS" CLOTHES.**
 - **OFFER YOUR "NEIGHBORS" THE USE OF YOUR WASHER AND DRYER.**
- ***ITEMS TO DONATE:**
 - **LARGE GARBAGE BAGS**
 - **INDIVIDUALLY WRAPPED SNACKS**
 - **FRESH FRUIT/VEGETABLES**
 - **CHIPS**
 - **BREAD**
 - **LUNCH MEAT**
 - **MAIN DISHES FOR DINNER**
 - **SIDE DISHES FOR DINNER**
 - **DESSERT**
 - **MONETARY GIFTS**

***PLEASE DROP OFF DONATIONS IN THE HALLWAY OUTSIDE OF KITCHEN.**

**TO VOLUNTEER, CONTACT KATRINA PENNINGTON:
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**NEED HELP, CONTACT DANA PARK:
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