

Donate Time

Traditional Volunteer Opportunities

The Central Pennsylvania Food Bank offers various ways for individuals or groups to participate in the fight against hunger. Shifts are flexible and groups of up to 25 are welcome.

Many volunteer opportunities are available at the Food Bank facility located at 3908 Corey Road in Harrisburg, PA 17109. Volunteer needs include warehouse help, office assistance and special event volunteers.

If you are interested in our traditional volunteer opportunities, contact Jim Burns, our volunteer coordinator at jburns@centralpafoodbank.org or 717.564.1700, ext. 3012.

Non-Traditional Volunteer Opportunities

There are many ways to spread the word about the issue of hunger in your own community and online.

Community Activism

- Ask us about putting together a street team for your school/sport functions
- Participate in our Hunger Action Month video contest or coordinate a group service project
- Help with yard sign distribution in your neighborhood for Hunger Action Month
- Host a presentation or interest table from the Food Bank at your school, business or organization
- Make Hunger Action Month banners or signs for your school or church
- Ask for food donations instead of gifts at your next birthday party
- Hang Hunger Action Month posters on bulletin boards in your local community
- Change your voicemail message for September to: "It's Hunger Action Month - do something!"

Online Activism

- Become a fan of the Food Bank on Facebook, suggest us to your friends on Facebook, share your thoughts, links or photos on our Facebook page
- Follow us on Twitter, suggest us to your friends on Twitter, share your thoughts
- Forward the hungerbites.org website to your friends
- Include a weblink to hungerbites.org in your e-mail signature
- Upload your videos to YouTube



Food Drive Items

Most needed food drive items:

- canned tuna
- pasta/packaged noodles
- soup
- peanut butter
- jelly
- canned fruit
- canned vegetables
- crackers
- tomato/pasta sauce
- cereal

Remember that the Department of Health requires that all cans have labels and that packaged goods must be factory-sealed, in good condition, without rust or severe dents. Also, health laws prohibit the distribution of home-canned or home-packaged foods.