

Subject: Volunteering with BRAFB

Good afternoon Dr. Haas,

As the Volunteer and Food Drive Coordinator for Blue Ridge Area Food Bank in the Charlottesville branch, I'm thrilled to write to you today about an ongoing, meaningful volunteer opportunity to help BRAFB feed thousands of seniors in our area.

The Commodity Supplemental Food Program (CSFP) or "Senior Food Boxes" – as we call it - supports the nutritional needs of low-income individuals by providing wholesome food to supplement their diet, while helping stretch their food dollars. The population served by CSFP is low-income seniors at least 60 years of age who are at risk of and vulnerable to malnutrition. We pack almost 3,000 boxes each month, which are delivered across our 25-county service area to vulnerable seniors who need our help.

We just completed our first week of Senior Food Box packing, but will be continuing to pack these boxes the second week of every month. We would love to have you come help us in October (or later months). We cannot complete this project without the dedicated support of our volunteers!

Due to the large scale nature of this project, we need 12-15 volunteers per shift, and we love having groups! It makes for a great tangible, team-building activity that connects you to the community you live and work in. We would love to have your group help with this project on a monthly basis as well if you find you enjoy the work.

Shifts Available:

Tuesday 10/8	9am-11:30am
Wednesday 10/9	9am-11:30am
Thursday 10/10	9am-11:30am 1pm-3:30pm
Friday 10/11	9am-11:30am

As part of an assembly-line effort, volunteers will help by: packing boxes with food items, keeping the packing area stocked with the correct foods, inserting nutrition information in the boxes, labeling, sealing, and stacking boxes on pallets, and breaking down empty packaging. Each box contains nutrient-rich food that helps improve the overall health status of these individuals - such as a variety of canned items (e.g., fruit, vegetables, meat or fish), bottled juice, shelf-stable and instant dry milk, cheese, pasta or rice, dry beans or peanut butter and cereal.

There are a few special considerations with this project. Due to the nature of the work and the safety of our volunteers and employees, good mobility is an important requirement for this position, as is the ability to lift 30-40 pounds when needed. Senior Food Box Program volunteers do a lot of bending and reaching, and are on their feet for most of the shift. Volunteers for this role must be at least 18 years old.

If you are interested or have any further questions, please don't hesitate to contact me. I have attached a flyer with information about the program, feel free to share it with your colleagues.

Thank you for your past and future support of the Food Bank. We are so grateful for the many examples of community participation that help us feed so many people in need.

Warm regards,

Colleen



Colleen Berger

Volunteer and Food Drive Coordinator, Thomas-Jefferson Area

1207 Harris Street
Charlottesville, VA 22903-5319
Office: 434.220.5684

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"Everyone Should Have Enough To Eat."