# Family on Mission Serving & Outreach opportunities for the entire family



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#### The Gleaners (ages 12+)

#### www.fvgleaners.org/page/volunteer

On a daily basis, volunteers from many walks of life give of their time and energy to slice, dice, scrape, and mix our product. In short, we receive produce and create soup mix and dried apple snacks which gets distributed to the developing world to over 40 countries through reputable relief and development agencies, individual missionaries and short-term outreach teams.



# UGM (ages 12+)

ugm.ca/volunteer

Union Gospel Mission has opportunities for volunteers in office administration, social enterprise, the kitchen, event support or outreach. Find a volunteer opportunity fitting with your interest, skills, and availability.



### Journey Home Community

#### www.journeyhomecommunity.ca/volunteers

You can be a support family or host a monthly dinner at their home for new refugees to have community and connection.



#### Love Our Seniors

#### www.ivolunteer.ca/agency/detail/?agency\_id=213735

We are a group of volunteers and students with the aim of connecting and bringing love to the elderly by distributing postcards and gifts during COVID-19. Your family can join to make cards for local seniors to show love to them.



#### www.ivolunteer.ca/need/detail/?need\_id=626964

Wednesday evening volunteers are needed to prepare for food distribution day. We work as a team to create an assembly line to prepare over 100 hampers and then to set up the hall for the next day's distribution. Light physical labour completed very quicly by a great team of volunteers.



# R.E.C. For Kids Society

#### www.recforkids.com/attorneys.html

Collect sports equipment or bikes you've outgrown that could be donated to kids who need them.

#### **Backpack Buddies**

#### volunteer@backpackbuddies.ca

An organization that aims to fill the weekend hunger gap for kids living below the poverty line. Many kids depend on school breakfast and lunch programs but go hungry over the weekend so they pack enough food to cover a weekend so they don't go without. They coordinate with BC Teachers & Administrators and Social Workers to identify kids most in need. They are taking volunteers on a case by case basis during Covid.



#### Ideas that families can do on their own

- Put together care packages to keep in the car so if you see someone in need asking for some help you have something to give them

- Rake leaves or shovel snow for the neighbours
- Community cleanup (just get some garbage bags and go!)