

# Central Texas Food Bank

The Central Texas Food Bank works with food donors across the country, financial supporters, and volunteers to fill unmet needs in Central Texas in three key ways:

1. Sharing free food and knowledge on low-cost, healthy eating with families in need
2. Assisting families who qualify for federal assistance programs
3. Making food affordable for charitable and government partners

In addition to making a donation, here are some of the ways you can volunteer to help out with the Central Texas Food Bank:

- Volunteer at a Mobile Pantry

- **Who:** Anyone 15 or older is welcome to volunteer, though there must be at least one volunteer who is 21 or older for every five volunteers who are under 18.
- **What:** Help distribute food and provide cheerful service to clients, and assist with the set-up and tear-down at the distribution site.
- **When:** Check the link above for upcoming events and details.
- **Where:** Check the link above for upcoming events and details.
- **Requirements:** Volunteers must register online first.
- **Recommended Group Size:** 1-10 people, depending on how many volunteers are needed at a given site.

- Volunteer at the Warehouse

- **Who:** Anyone 8 or older is welcome to volunteer, though there must be at least one volunteer who is 21 or older for every five volunteers who are under 18.
- **What:** Volunteers work independently and in teams to inspect, clean, sort, box, and prepare donated food and non-food items, to distribute to Partner Agencies and the communities they serve.
- **When:** Check the link above for upcoming shifts.
- **Where:** at the food bank – 6500 Metropolis Dr. Austin, TX 78744
- **Requirements:** Volunteers must register online first, and are encouraged to dress for the temperature, as parts of the warehouse are not climate-controlled.
- **Recommended Group Size:** 1-4 people, depending on how many volunteers are needed on a given shift. [You may also try to schedule a group of 5-30 people at this link, depending on availability.](#)

- [Volunteer at the Kitchen](#)

- **Who:** Anyone 15 or older is welcome to volunteer, though there must be at least one volunteer who is 21 or older for every five volunteers who are under 18.
- **What:** Help make meals for the community with light food preparation, meal packing, and cleaning.
- **When:** Morning shifts are 8:30am – 11:15am, and afternoon shifts are 1:15pm – 4:15pm. Check the link above for upcoming shifts.
- **Where:** at the food bank – 6500 Metropolis Dr. Austin, TX 78744
- **Requirements:** Volunteers must register online first.
- **Recommended Group Size:** 1-3 people, depending on how many volunteers are needed on a given shift.

- [Volunteer at the Garden](#)

- **Who:** Anyone 15 or older is welcome to volunteer, though there must be at least one volunteer who is 21 or older for every five volunteers who are under 18.
- **What:** Help grow healthy food to feed our neighbors, by digging, raking, planting, harvesting, weeding, washing, and more, on their 1-acre urban farm.
- **When:** 9am – 12pm. Check the link above for upcoming shifts.
- **Where:** at the food bank – 6500 Metropolis Dr. Austin, TX 78744
- **Requirements:** Volunteers must register online first, and need to be prepared to get dirty and sweaty.
- **Recommended Group Size:** 1-3 people, depending on how many volunteers are needed on a given shift.

- [Host a Virtual Food Drive](#)

- **Who:** All are welcome to participate.
- **What:** Hosting a virtual food drive is one of the best ways to support the Central Texas Food Bank! Instead of collecting donations of food, volunteers collect funds, which the food bank can use to create 4 meals per dollar raised! You can do it all online, starting at the link above.
- **When:** At your convenience
- **Where:** Entirely online (though you're welcome to make phone calls and in-person visits to folks as well to raise funds)
- **Requirements:** Central Texas Food Bank provides all the resources you'll need.
- **Recommended Group Size:** Everyone who donates is a participant, though it only takes 1 person to host a drive.