

Family Food Sort teaches kids volunteerism

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The Food Bank of Contra Costa and Solano invites families with young children, ages 5 years and older, to attend a Family Food Sort at its Fairfield warehouse, 2339 Courage Drive, Suite F.

This is a new monthly opportunity, occurring every third Saturday, for families to bring their young children to learn about the Food Bank and introduce them to volunteerism. The children and adults work side-by-side bagging produce that gets distributed through the Food Bank's Community Produce Program.

Outside of special events that are geared toward families, the normal minimum age required to volunteer at the Food Bank is 11 years old.

"It's rare that children as young as 5 get to engage in hands-on volunteering for a nonprofit organization," said Larry Sly, the Food Bank's executive director. "When the children learn that the produce that they are bagging is going to help people who need food, including other children, it really means something to them and leaves a lasting impression. It helps instill the message from a young age that we need to help one another."

The next Family Food Sort will be held on Saturday.

Registration is required, no walk-ins.

For more information visit www.foodbankccs.org/volunteer or call Lauren Strause at 421-2568.