

# Food Bank program aims to introduce families to volunteering

*Vacaville Reporter*

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The Food Bank of Contra Costa and Solano will host a free Family Volunteer Day at the Fairfield warehouse, 2339 Courage Drive, Suite F, from 1 to 3 p.m. on June 7.

Families with children as young as 5 are welcome to attend

The event is an opportunity for families with young children to learn about the food bank and volunteering. To participate, children must be ages 5 and older and must be accompanied by an adult; provide one chaperone per child for children ages 5 – 10 and at least one chaperone for every 2 to 3 children ages 11 and up.

A tour of the facility, an advocacy craft activity and bagging fresh fruits and vegetables for the Community Produce Program are planned.

Advance registration is required and can be completed online at [www.foodbankccs.org/familyvolunteerdayfairfield](http://www.foodbankccs.org/familyvolunteerdayfairfield) or by calling Lauren Strouse at 421-9777. The food bank is unable to take walk-ins.

The Food Bank serves approximately 149,000 people per month.

In 2013, 18 million pounds of food was distributed, half of which was fresh produce; enough for 14 million meals.

The Fairfield warehouse has volunteer opportunities bagging fresh produce six days a week. If you would like more information about volunteering or are hungry and need help with food, call 421-9777, 8 a.m. to 4:30 p.m. Monday through Friday.