



# Guide to Hands-on Learning



second harvest  
**HEARTLAND**  
Food changes everything.™

## Section 9: Resource List

Visit Second Harvest Heartland and participate in a volunteer activity at [2harvest.org/volunteer](https://2harvest.org/volunteer).

### The following are some agencies that help hungry Minnesotans:

- Minnesota FoodShare: [gmcc.org/foodshare](https://gmcc.org/foodshare)
- Hunger-Free Minnesota: [hungerfreemn.org](https://hungerfreemn.org)
- Hunger Solutions: [hungersolutions.org](https://hungersolutions.org)
- Feeding America: [feedingamerica.org](https://feedingamerica.org)
- Bread for the World: [bread.org](https://bread.org)



### Minnesota Food Banks:

- Feeding America, [feedingamerica.org](https://feedingamerica.org)
- Second Harvest Heartland, [2harvest.org](https://2harvest.org)
- Channel One, Inc. Food Bank and Food Shelf, Rochester, Minn., [channel-one.org](https://channel-one.org)
- North Country Food Bank, Crookston, Minn., [northcountryfoodbank.org](https://northcountryfoodbank.org)
- Second Harvest North Central Food Bank, Grand Rapids, Minn., [secondharvestncfb.com](https://secondharvestncfb.com)
- Second Harvest Northern Lakes Food Bank, Duluth, Minn. [www.northernlakesfoodbank.org](https://www.northernlakesfoodbank.org)

### Extension to Learning:

Watch a YouTube video of images from Hungry Planet, a book of photographs by Peter Menzel, of what families from around the world eat in a week. [www.youtube.com/watch?v=osSpWbmEYF4](https://www.youtube.com/watch?v=osSpWbmEYF4)  
Discuss, sketch, draw, photograph or list what students' families eat in a week.

Visit [freerice.com](https://freerice.com) to play an interactive game that raises grains of rice for the hungry while it increases vocabulary. Create a school group to collectively raise food for the World Food Programme.

Visit [hunger.cwsglobal.org/decisions/index.htm](https://hunger.cwsglobal.org/decisions/index.htm) for an interactive decision making exercise. The reader will take the part of a man or a woman who is trying to eke out a living in a poor rural area of a developing nation. At the end of each page, you will face a difficult decision between two courses of action.

## Preparing for your visit to Second Harvest Heartland

### Volunteer Opportunities

Second Harvest Heartland provides a variety of volunteer opportunities throughout the Twin Cities.

**Golden Valley:** Volunteers at our Golden Valley facility work together to sort and repackage donated food such as rice, cereal, tortillas and pasta. This food is then sent to our local partner food shelves and soup kitchens and other agency partner programs. Many volunteer shifts are available during the week and on evenings and weekends.



**Maplewood:** Volunteers at our Maplewood facility work together to sort and repackage donated food or work on our assembly line packing boxes of food for low-income seniors, mothers and children through our CSFP program. Generally, shifts are available weekdays in the morning and afternoon and on Tuesday evenings.

**Meals for Minds:** One in six Minnesota children lives at risk of hunger. To help provide for these children in need, the Target Meals for Minds program and Second Harvest Heartland join together to distribute food to students and families through a mobile food pantry. Many dates and times are available to help distribute groceries at elementary schools in Minneapolis and St. Paul.

### **Seasonal Opportunities:**

**Farmers Market:** We need your help to collect surplus produce from vendors at the Minneapolis Farmers Market from July through October. There are two ways to volunteer: during the morning volunteers focus on encouraging shoppers to donate through outreach and education, and the afternoon shift focuses on produce collection.

**Gleaning:** As apple harvest winds down in the fall, several orchards have offered us the opportunity to glean the remaining apples from their trees before they are lost to the winter freeze. Apple picking is a fun activity for groups and families, and a great way to help us in our mission to end hunger by rescuing delicious and nutritious food that would otherwise be lost.

### **To sign up:**

[2harvest.org/volunteer](https://2harvest.org/volunteer) is the best place to get your volunteer experience started. Using the calendar function you can see what opportunities are available and when. If you have any questions about registering for a volunteer shift, please contact our volunteer hotline at 651-282-0901 or email [volunteer@2harvest.org](mailto:volunteer@2harvest.org).



## Youth Guidelines

All youth volunteers will be asked to present a signed parental waiver prior to starting their volunteer shift. Youth without a signed waiver will not be permitted to volunteer. Chaperone(s) can NOT sign and complete the parental waiver in lieu of a child's legal parent/guardian.

### Part 1: Applies to Meals for Minds and Maplewood CSFP Box Packing

- Groups of youth volunteers ages 15 through 17 (grades 10th - 12th) must be accompanied by adults age 21 or older in a minimum ratio of 1 adult to 4 youth. Youth groups cannot exceed 20 (15 youth and 5 chaperones) .
- Youth ages 13-14 need to be accompanied by their parent/guardian at all times, and parents will be expected to work side-by-side with them to assure their safety.
- Because of the nature of our work and work environment, children under the age of 13 are not able to volunteer with the Meals for Minds program



### Part 2: Applies to all other volunteer opportunities

- Groups of youth volunteers ages 15 through 17 (grades 10th - 12th) must be accompanied by adults age 21 or older in a minimum ratio of 1 adult to 6 youth.
- Individual teens ages 15 through 17 can volunteer unaccompanied by an adult if they:
  - Get approval from SHH prior to volunteering AND
  - Provide a signed parental waiver
- Groups of youth volunteers ages 10 through 14 (grades 4th - 9th) must be accompanied by adults ages 21 or older in a minimum ratio of 1 adult to 4 youth.
- Families can include individual youth ages 8 and 9 who volunteer in the presence of a parent/guardian in a ratio of 1 adult to 3 youth.
- Because of the nature of our work and work environment, children under the age of 8 are not able to volunteer with Second Harvest Heartland

## Volunteer Details

### What to Wear

As a working warehouse please be mindful of the following:

- You **MUST** wear closed toed shoes—no sandals! Any volunteers who arrive without closed toe shoes will not be able to volunteer.
- Dress in comfortable clothing, t-shirts or sweatshirts with jeans are fine.
- Shorts are acceptable, as long as they are a style that will not offend anyone.

**Food Safety**

In order to assure the food you pack is safe and suitable for our clients, we ask the following:

- Please do not plan on volunteering with us if you are feeling ill. We'll be glad to have you reschedule when you feel better.
- When you are in our packing areas, you will be asked to remove all jewelry (aside from wedding bands). We thank you for planning accordingly.