

Volunteering with Not Bread Alone

Location: Ground floor of the First Congregational Church, 165 Main Street, Amherst
The dining hall is downstairs; parking in the back

At Not Bread Alone (NBA), we serve 3 meals each week throughout the year.

We need help on:

Saturdays and Sundays, 9:00am-2:30pm & Wednesday 1:00-6:30pm

(Shorter shifts are available if need be; however, many choose to stay the full time, which is recommended when possible.)

Tasks may include: Setting up tables and chairs, bagging groceries (only on Saturdays), chopping vegetables, cooking, serving, sweeping, washing and drying dishes, mopping, general cleaning of the space, organizing food and cooking supplies, etc.

What to wear: Closed-toed shoes, long hair tied up

What NOT to wear: Shorts, short skirts, low-cut or sleeveless shirts, or anything with potentially offensive images or writing. Conservative, comfortable dress is best!

Valuables: Leave in the car or keep on your person! Coats should be hung up inside the kitchen. Please note: While we rarely encounter theft issues, we cannot guarantee the safety of your possessions when you bring them to NBA.

How the Meal Works: The meal is facilitated by one of our Kitchen Leaders; Bob Stover, program supervisor, or Alexis Batra. The Kitchen Leader comes prepared with a menu, but your ideas and creativity are encouraged in this collaborative cooking process. At noon on weekends (and 4pm on Weds), volunteers sit down with guests to enjoy the meal, before heading back to clean-up. This is often the most rewarding part of the experience! **We actively try to break down boundaries between those serving and those being served in order to foster a respectful, inclusive environment that welcomes everyone to help prepare and enjoy a meal together.**

Signing Up: Some volunteers come in once a week, others twice a month, and yet others come in more rarely. Bob schedules volunteers in advance. With groups, more advance planning is generally needed due to the increased number of volunteers. The volunteer schedule sometimes fills up quickly, so we cannot guarantee that a shift will be available on the preferred date. The schedule tends to be more open during school vacations and summer months. But, it's always worth checking!

→ → → IMPORTANT: If You Need to Cancel Your Shift ← ← ←

Please let Bob know at least 4 days in advance if you will need to cancel a shift. If an emergency comes up on the day when you are scheduled to volunteer, I ask that you please **call the Kitchen Phone at 413-256-0128** at the start of your scheduled shift to let inform the kitchen leader that day.

Other ways to volunteer include playing music during meals, occasionally picking up food donations from Whole Foods on a Saturday morning, leading a workshop, organizing a food drive with your group, office or organization, etc.

So, let me know how YOU might like to get involved, and we can solidify details! We look forward to having you join our ever-growing, diverse community! Contact Bob Stover at rstover@chd.org.