

VOLUNTEER RESOURCE CENTER

Federation offers many opportunities to connect you with meaningful and impactful volunteer projects. During this challenging time when supporting fellow community members is critical, please reach out to us so we can find the perfect volunteer project for you. Please contact Shara Nadler, Manager of the Volunteer Resource Center.

DO A MITZVAH

Make a Friendly Call

In this time of isolation and physical distancing, seniors in particular may be suffering from loneliness and anxiety. A very special gesture is to call neighbors, acquaintances, or people in your community to check in on them. If they need groceries or prescriptions, you can either pick them up for them or arrange for a delivery. This is a true mitzvah that doesn't require you to leave your home. Our community partner, Jewish Family and Children Services has a program called, Project Reach looking for volunteers now.

Make and Donate face shields for Health Care Workers

Many local hospitals are accepting homemade plastic shields for use by their health care workers. Here is a link to learn how to make them and some background information. Please check with your local hospital about their specific need and/or quantity.

Make and Donate Masks (Kids and Adults)

There is a lot of talk about making masks. Masks that are homemade are not usually used for health providers, but they may be used for hospital support staff like, kitchen, admin, cleaning, etc. Another important use is for your own community. Make masks and post to your town's community page for neighbors in need. Below is an article providing background information on masks as well as links to DIY guides.

Sew a mask - <https://bit.ly/3f8XHpc>

No sew mask - <https://bit.ly/30niktP>



Prepare Art-n-Activities in a Box

With kids home parents need support with entertaining their children so they can work. Preparing age-appropriate activities (see below) and putting them in a colorful shoe box really helps! When assembled, remember to label the box with the appropriate age like, kindergarten or fifth grade. Then, when complete contact the [Volunteer Center](#) for pick up. Suggestions for **Art-n-Activities in a Box** contents includes:

- **Pre-K-1st:** crayons/color pencils, coloring books, paints/brush, sticker books, picture book
- **2nd-4th:** sticker books, early reader book, paints, crossword puzzles, cards, pick up sticks, model airplane
- **5th-8th:** comic book, model airplanes, mystery novel, mini-frisbee, mini football.

Our community partners like, [Boys and Girls Club of Paterson & Passaic](#) and [AngelaCARES](#) are looking for these activities for their families and will oversee distribution.

Birthday Party in a Box

There are families now that do not have extra money to spend on a simple birthday party. By participating in Birthday Party in a Box, you are making a special day even more special for some lucky kids. Assemble cake mix, icing, candle, decorations, small gift i.e., crossword puzzle, coloring book, book, cards, model airplane and put them in a “wrapped” shoe box. Then, when complete contact the Volunteer Center for pick up. Our community partners will distribute them to their families.

Isolation Kits in a Box

Looking for a volunteer project to complete at home? Put together Isolation Kits because they are in demand! Prepare a kit (or use a shoe box) with a thermometer, pair of gloves, a mask (adults and/or kids), Clorox wipes and hand sanitizer. Then, when complete contact the Volunteer Center for pick up. Our community partners such as, [Bergen Volunteer Center](#) will distribute them to their families.

Toiletry Kits in a Box

We are facing a crisis for homeless and vulnerable families that need toiletry items and female hygiene products. In a gender-neutral toiletry bag, assemble travel size items like, soap, shampoo, conditioner toothpaste, toothbrush, clothing detergent and shaving cream/razor. Other critical items are feminine hygiene products and flip flops (for the shower!) and cotton t-shirts, especially for warmer months. Then, when complete contact the Volunteer Center for pick up. Our community partners like, [Bergen Volunteer Center](#) and [Oasis](#) will distribute them.

Emergency Food Boxes

Volunteers work directly with Center for Food Action to assist on a monthly basis (social distancing maintained, of course!) to provide food to families and individuals in Bergen County. Volunteers will help assemble food into boxes, direct traffic in the parking lot and put the food into the trunks of cars at curb side pick-up. It is designed for ages 16+ and under 60 years old due to COVID-19.

Virtual Volunteering

In light of our current social distancing restriction, there are many opportunities to continue Takkun Olam. Working with our community partners, volunteers can participate in:

- Virtual Reading to a Buddy – working with [Boys and Girls Club of Paterson & Passaic](#), set up a live and pre-recorded virtual reading series. Volunteers read to students every week from ages K-8th grade.
- Connect & Check in on a Buddy – Volunteers get assigned an isolated buddy to call every week to call and tell jokes, stories or share recipes. Our community partner [Jewish Family and Children Services](#) will match you with a new buddy.

Lead a Mini-Food Drive

The local food pantries are in need of food as well as volunteers to stock the shelves. A great family activity is to contact neighbors and friends and ask them to leave non-perishable food on your door step. When you've accumulated enough food, you may bring the food to any of the pantries listed below. Most likely you can just drop the food off without having any contact with staff. You may want to call the pantry for hours.

Lead a Mini-Children Book Drive

Working with [Boys and Girls Club of Paterson & Passaic](#) and [AngelaCARES](#), organize a volunteer led book drive to collect children books. The ages range from K-8th grade.

FOOD PANTRIES

[Center for Food Action](#)

[Community Food Pantry/Little Falls United Methodist Church](#)

[CUMAC \(Center for United Methodist Aid to the Community\)](#)

[Helping Hands Food Pantry](#) (*leave non-perishable products in the covered receptacle outside of the pantry entrance.*)

[IsraAID](#)

[Jewish Family and Children Services](#)

[Umbrella](#) (*senior food shopping and delivery*)

[Wayne Interfaith Network Food Pantry](#) (*only accepting ShopRite gift cards*)

[YMCA of Greater Bergen County](#) (*Walk-in donations accepted*)

For more information on any of these volunteer opportunities or other ideas on how to give back, please contact Shara Nadler, Volunteer Resource Center.

Shara Nadler | SharaN@jfnnj.org | 201.820.3947

Manager, Volunteer Resource Center