



**We love having kids involved, but due to the movement of food and equipment in our market and warehouse, we have strict age restrictions for safety reasons. No one under the age of 16 is allowed to volunteer in the market during morning shifts or shopping hours. However, there are many ways a family can be involved:**

- **Grocery Store Food Drives:** These are the best ways for families to make a direct impact on the Helena Food Share mission! Shoppers love seeing kids at the front doors with smiling faces and a grateful attitude.

Food drives are a great place to teach the basics of what Helena Food Share is all about, without putting our customers' privacy or your child's safety at risk. Ask our Volunteer Manager to add you to the on-call food drive list, or create your own food drive at your school, church, or community organization. [Visit our website](#) to see how to host your own food drive.

- **Nutritious Food from the Earth:** We invite families and children to visit or participate in our Demonstration Garden located along Boulder Ave. Whether you're planting, weeding, harvesting, or just enjoying the flowers, everyone is welcome to join us. If you have a backyard garden and have extra herbs, produce, or fruit, we would also greatly appreciate any garden food donations.
- **Prepping Recycled Plastic Bags:** We can supply large bags of recycled plastic bags for younger children to sort, flatten, and stack in crates. We go through 5 or more crates of bags each day, so you are providing a valuable service while teaching your kids the importance of recycling. We will supply the crates and bags!
- **A Family Shopping Trip for Helena Food Share:** Families often shop for Helena Food Share and bring their children along to donate food. Before your shopping trip, we can provide you with a list of the items we need the most. When you drop off your food, we may be able to offer a brief after-hours tour of the market for families with young children, depending on staff availability. We ask that you schedule this tour in advance. The tour might also include a short demonstration of how we sort and stock food, allowing your children to help stock some of the items you just donated. This activity provides a wonderful full-circle lesson on the importance of giving!
- **Sharing Food at Home:** Engage in conversations about food around your dining table. Teach your kids about hunger, why food is nutritious, budget shopping, how to stretch meals, and the importance of not wasting food. Demonstrate the value of sharing. By sharing resources without expecting a thank-you or anything in return, you help create a more equitable world for them to grow up in. We are particularly impressed by children who host **sharing birthday parties**, where friends bring cans of food instead of gifts. Some of our most generous donors are children with big hearts. ❤