

Share Your Time, Talent and Treasure with our Community

Looking for opportunities to get involved and to make a difference in our community? Whether it's for a local company, small group of friends, or individuals seeking meaningful experiences, United Way of Greater Rochester helps connect those who want to help with the organizations and people who need it most.

Day of Caring

United Way hosts the largest local single day of volunteer activities each year on the second Thursday in May. Great for large and small companies, small groups and individuals looking to make a difference. Activities range from outdoor clean-up, painting, reading to children, craft projects and more.

Get Involved: Visit uwrochester.org/dayofcaring to get started.

Team Treasures

Need is all around us. Many think of helping families during the holiday season, but local people and programs have needs throughout the year that you can help to fulfill with groups of co-workers and friends. Consider donating 100 items (diapers, books, toiletry kits, etc.) to a local program in honor of United Way of Greater Rochester's 100th Birthday!

Get Involved: Visit communitywishbook.org and click "Items Needed" to get started.

Time and Talent

Many organizations are seeking volunteer support throughout the year. Several United Way Community Impact Fund partner programs have one-time and ongoing volunteer opportunities for individuals and groups. This is a great way to fulfill corporate social responsibility goals AND provide meaningful experiences for people who want to help our community thrive.

Flip over to see a few great opportunities with our partner programs!

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Opportunities with United Way Partner Programs:

Foodlink – Visit foodlinkny.org and click “Get Involved”

Volunteers are needed daily to help provide support for thousands of low-income, food-insecure residents. Volunteer opportunities include sorting and packing food, Curbside Market help, tasks in the Community Kitchen, and nutrition education programs.

Great for one-time or ongoing activities; great for large groups!

Meals on Wheels – Visit urmhomecare.org and go to “Meals on Wheels – Volunteer”

Thousands of local homebound individuals receive Meals on Wheels every day. Become a Meals on Wheels volunteer driver, clerical assistant, kitchen helper, adopt a route and more.

Great for an ongoing project for companies and teams to share route responsibilities!

Mentoring

Become a hero to a local kid—just by being you! There are hundreds of kids in Rochester looking for someone to be a mentor and a friend. Be the person to help them reach their full potential.

- **Big Brothers Big Sisters** – Visit beabig.org and click “Volunteer”
- **Compeer** – Visit compeerrochester.org/youthprogram
- **Urban League of Rochester** – Visit ulr.org and click “Volunteer”

Great for individual ongoing commitments!

Rochester City School District – Visit rcsdk12.org/volunteer

Our local youth have a greater chance of success with supportive partnerships between schools and the Rochester community. RCSD volunteers provide invaluable resources for students and staff and are matched based on volunteer skill set and school/student needs.

Great for company/group ongoing commitments!

Salvation Army – Visit rochesterny.salvationarmy.org and view “Ways You Can Help – Volunteer”

You can help with holiday preparations for local families in need. Coat drives, packing food, helping families shop for toys and gifts, and of course, bell ringing for the Red Kettle Campaign!

Great for holiday cheer and end of year group projects!

Greater Rochester Chamber of Commerce – Visit greaterrochesterchamber.com and view “Programs & Events – Chamber Impact”

Greater Rochester Chamber of Commerce has introduced its Chamber IMPACT program, an event series encouraging volunteerism and community service. The program also allows Rochester Chamber members and local not-for-profits to post their own volunteer opportunities on the website.

Additional volunteer opportunities can be found at www.communitywishbook.org.

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