



FALL GIVE BACK

MAKE YOUR FALL ABOUT **COMMUNITY** BY
VOLUNTEERING AND SUPPORTING OUR PARTNERS!

VOLUNTEER

Volunteer at the Giving Factory with Cradles to Crayons

**Tuesday (6-8 pm);
Wednesday, Thursday, Saturday
(10 am-12 pm) or (1-3 pm);
Friday (10 am-12 pm)**

This opportunity involves sorting, quality checking, and packaging donations of children's items.

Prepare Food with Pine Street Inn

Any day of the week (2-5 pm); Up to 4 volunteers can be accepted at a time.

Pine Street Inn needs help prepping food in their fast paced kitchen, making sandwiches, chopping veggies, and general food prep!

Prepare Meals for Community Servings

**Monday-Friday
Morning shift (9-12 pm)
Afternoon shift (1-5 pm)
Evening shift (4-7 pm)**

Help slice, chop, cook, bake, assemble, and package meals for individuals and families battling HIV/AIDS, cancer, heart failure, diabetes, and other life-threatening illnesses.

Deliver Groceries with Food For Free

Friday, Saturday, Sunday (11 am - 1:30 pm)

Regular and on-call drivers needed to deliver boxes of food to food-insecure residents in Cambridge.

Pack Groceries with Food for Free

**Monday, Tuesday, Wednesday
(9-11 am and 12-3 pm)**

Support Food For Free's initiative to improve access to healthy food through rescuing food that would otherwise go to waste.

Cookin' with CASPAR

Wednesday (2-6 pm); Suited for 10-14 volunteers

Feed our homeless neighbors delicious, healthy food by sponsoring, preparing, serving, and cleaning up after dinner for upwards of 100 guests at the CASPAR Homeless Shelter!

Build STEM Kits for Students

Tuesday, Wednesday, Thursday

5-10 hour commitment weekly, biweekly, or monthly
Groups and individuals welcome! Science from Scientists needs your help to build STEM lesson kits for our students this fall so they can safely and equitably participate in hands-on STEM learning. Volunteers pick up a box of kit supplies from our office to take home and assemble, then bring back a week later.



VIRTUAL FUN

Host A Webinar With Tech Goes Home

An hour of lecture-style instruction followed by a 10-30 minute Q&A session.

Lead digital skills webinars for beginner technology users! Join this initiative to advance digital equity.

Lunch, Learn, and Take Action Events

Educate and engage your team in one of our Lunch, Learn, and Take Action events! Invite your employees to hear from our incredible partners, including but not limited to Boston Healthcare for the Homeless, Hope and Comfort, Tech Goes Home, and Kids in Tech.

Participate in a Fitness Fundraiser with FFF

Pick your favorite physical activity and set your own goals to raise money for Food for Free. Participants reach out to their personal networks, asking friends, family, or coworkers to sponsor their activity.

Purchase Our Nonprofits Most Needed Items

This opportunity allows you to purchase most-needed items for our partners, including Hope & Comfort, Cradles to Crayons, and the Wily Network. Each organization's wishlist is provided, allowing volunteers to have their purchase delivered directly to the organization.

Speak at Career Day with Kids In Tech

Monday-Thursday (2-6 pm)

Speak to tech club students about your career path in STEM, virtually or in-person.

Share about your STEM career with students with Science from Scientists

Science from Scientists needs your help to show students that STEM = FUN!

Complete an online Career Card and share your love for science!



OUTDOOR GROUP ACTIVITIES

Farm Waltham Fields for Local Families

Friday (9 am-12 pm) or (1-4 pm)

Groups interested in farming can sign up to assist in providing healthy fruits and veggies for local families through their Prescription CSA program.

Serve and Grow with The Food Project

Tuesday/Thursday/Saturday mornings

Help youth and farmers group and distribute local produce to people who don't have access to fresh, healthy food.

Farm with the ReVision Urban Farm

Monday-Friday (9 am-12 pm) or (1-3 pm)

Help with planting, harvesting, and field prepping! Groups of up to 10 people are welcomed.



HELP OUT LIFE SCIENCE CARES

Staff a Table at Biotech Week Boston 2021

**9/21 (3-5 pm) OR (5-7:30 pm)
9/22 (8-11 am) OR (11 am-2 pm) OR (2-5:30 pm)
9/23 (9-11 am) OR (11 am-1:30 pm)**

Life Science Cares is looking for volunteers to staff our table and help conference attendees who stop by to build a supply kit and make Well Wishes for Cradles to Crayons! Volunteers receive a free pass to the conference!

DONATE YOUR SPACE

Wily's Fall Community Day

10/2, space needed 9 am-5 pm (event 10 am-4 pm)

Wily's Community Day focuses on creating opportunities for social interaction and meaningful connections among Scholars, Coaches and Staff. This will be their first in-person Community Day since Fall 2019, so it will be a special one for the entire Wily Community!

Packsgiving Celebration

11/21, time flexible

The Wily Network needs a company to donate cafeteria space so they can host their annual Thanksgiving celebration for their "pack" of students.

