



# JOIN US

## Metro Caring Youth Programs

We have the power to inspire the next generation to become active, informed and generous members of society. Younger generations have always encouraged us to make the world a better place. If we nurture an interest in giving back, we can instill a love of volunteering from an early age. Join Metro Caring for a variety of volunteer opportunities for all ages.

### **Host A Food Drive**

Support our mission to provide nutritious food by sponsoring a healthy food drive. Whether you host one in your school, neighborhood faith community, or elsewhere, we are thankful for your contribution to address hunger in Denver! Running a healthy food drive is easy and fun! Visit [www.MetroCaring.org](http://www.MetroCaring.org) for details.

### **Donate Your Birthday**

Donating your birthday means that instead of asking for gifts this year, your friends and loved ones can donate to Metro Caring instead. By donating your birthday, you are giving others the opportunity to celebrate your birthday with generosity to families in need.

### **Host A Fundraiser**

Sky's the limit. Come up with your own fundraising idea that inspires you. We can work with you to set up a fundraising page to support anti-hunger in Denver. Please contact Ryan Eaton, at [REaton@MetroCaring.org](mailto:REaton@MetroCaring.org).

### **Host A Breakdown Project**

Metro Caring's Fresh-Foods Market is an oasis for many who struggle to know where they will get their next meal. Shoppers who visit us leave with nutritious food that promotes long-term health. Unfortunately, we rely on food donations such as rice and beans, pasta, or flour. Host a youth or family project to help keep our shelves stocked! Projects involve purchasing items in bulk and re-packaging them for individual household use. Projects are easy to coordinate anywhere.

### **Kidz in the Kitchen**

Like watching chopped, good eats, master chef jr? Looking for easy, healthy recipes? Join our four week series of youth focused cooking classes offered on Tuesday evenings. This opportunity is designed for 1<sup>st</sup>-5<sup>th</sup> grade children. Also a caregiver must attend and be able to commit to the full four week series. To be placed on a waitlist please email Lannea Hand, [LHand@MetroCaring.org](mailto:LHand@MetroCaring.org).

### **Become A Volunteer**

Join Metro Caring on the first Tuesday of the month for a family friendly volunteer opportunity. To become a volunteer visit [www.MetroCaring.org](http://www.MetroCaring.org).