



Spring 2025 Volunteer Needs

If you are interested in any of the following volunteer opportunities, please contact our Volunteer Coordinator, Susan Adams: sadams@fcsmaine.org or call 207 865-3985 x 206

Pownal Community Day: Calling all Pownal FCS friends! On **Saturday, May 17**, Pownal Community Day will be happening at Pownal Town Hall from 10:00 AM – 2:00 PM. FCS will have a table at the event, and we need a few volunteers to share information about FCS and help with a crafting project for kids. Shift times are 10:00 – 12:00 and 12:00 – 2:00. FMI or to sign-up, contact Susan @ sadams@fcsmaine.org

Thrift Shop Cashier: Volunteer cashiers welcome patrons as they enter the shop, and complete patron transactions using Apple Square technology. Volunteers must have excellent customer service skills and be comfortable handling cash and credit card sales. Cashier shifts are usually 2-1/2 hours during open hours. **We are currently seeking volunteers for Saturday afternoons (12:30 – 3:00) and substitute shifts throughout the week (variable times).**

Food Pantry Donation Collector: Join the Food Pantry "behind the scenes" team! We are seeking a volunteer to collect food donations from Bow Street Market and Royal River Natural Foods on Wednesday mornings. Timing can be somewhat flexible, but this task needs to be completed between 7:30 – 9:30 AM every Wednesday morning. *This is a physically demanding position, loading and unloading heavy boxes! The ability to lift 30 lbs. (unassisted) is required.* The amount of donated food will vary from week to week, but things will likely fit in the back of a small SUV.

Summer Snacks Program Packer: Volunteers are needed to pack snack bags for our supplemental food program for children over the summer months. We distribute approximately 100 snack bags for kids each week, so keeping bags packed and ready to go is essential. Packing takes about 2 hours, and timing can be flexible during regular business hours. This is a great activity to do with a group of friends or family members (2-3 people are ideal). Packers usually help 2-3 times over the course of the summer.

Maintenance Project: We are looking for a small group of motivated volunteers who aren't afraid to get a little dirty! We need some muscles to help with an office renovation project at FCS this summer. Work will include carpet removal, hauling trash, prepping rooms for renovation. Date to be mutually determined (likely July or August), total time approximately 4 hours for 4-6 people. This would be a great project to do with a few co-workers or family members. Please **contact Susan for more details:** sadams@fcsmaine.org

Special Talents: Do you have a special talent? Are you a photographer, especially handy or a talented chef? If yes, please let us know your skill set and we will try to match you with a project or event at FCS.

Transportation Program Driver: Transportation to and from necessary resources and appointments is one of the major needs for our Age-Friendly program. **We use an on-line platform to schedule rides, so basic computer skills are necessary for transportation volunteers.** Drivers must be 18 years old with reliable transportation, a valid license and proof of insurance. FCS will complete a mandatory background check for all drivers. To sign up as a volunteer driver, please visit www.fcsmaine.org/transportation and click Volunteer to Drive and complete the online application.

Age-Friendly Freeport Pownal (AFFP): AFFP is seeking volunteers to **assist with various committees.** Duties include forming connections between AFFP and other community organizations, helping with monthly events like bingo and socials, putting up flyers for events, etc. Total time commitment is likely 4 – 6 hours per month. For more info about AFFP, please visit <https://fcsmaine.org/community/age-friendly/>

For all positions, we expect our volunteers, as FCS team members, to support the agency mission, to serve without judgement or prejudice and with complete confidentiality. We will make reasonable accommodations to enable individuals with disabilities to perform the essential functions of each position.