



## We have lots of ways you can make a difference with Beans and Rice!

### Ways to share your Time

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Check all that interest you!

- Food Distribution—Picking up and processing donations, packing boxes for pick-up
- Healthy Kids Snack program—Seeking donations and packing bags
- Pulaski Mobile Food Market—Help with customer service, setup & take down at stops
- Media Support—Help update social media sites, take pictures at programs and events
- Workforce Development—Check in with participants and help answer questions
- Work Experience—Support youth and young adults as they complete work hours
- Alternative Break—Provide meals, help locate community projects, be a speaker
- Youth Academic Enrichment—assist with events, programs, camps
- Work Days— Help on B&R workdays with things like painting, cleaning, small repairs
- Art in the Building—Coordinate with local artist to display in the Café area
- Work the Café check-in desk and greet visitors

