



Volunteer Dates

May 4: Family & Friends Day*

May 11: Bar Association Volunteer Day

May 11: Volunteer Day at the Westside Food Bank

May 18: Family & Friends Day*

May 25: Food From The Bar Saturday

June 1: Food From The Bar Saturday

There are many other volunteer opportunities available. To register, contact Ana Martinez, our Volunteer Director, at amartinez@lafoodbank.org or 323.234.3030 ext. 144.

All volunteer shifts are available on a first come, first served basis and will fill up quickly. Please reserve your date as soon as possible. Once you have selected your group's shift(s), please email Ana with team name, date/time and a rough estimate of group size.

After you provide your group's information you'll receive a registration link and a password for you to share with your teammates.

Each participant must be at least 14 years old on regular volunteer days.

All teammates must register with the same link and password.

If you are bringing children under the age of 14 on Family & Friends Days, please include their name and age in the comments section. This will help expedite your group's check-in process and keep track of your firm's points.

***Please disregard the listed age requirement on our automated email confirmation for Family & Friends Days. The minimum age requirement on Family & Friends Day is 5.**