

# WAYS TO SUPPORT YOUR COMMUNITY THROUGH VOLUNTEERING



## Need Help Finding Volunteer Opportunities in Colorado?

Volunteer where you live. From supporting children to aging adults to the environment, these Front Range organizations offer flexible ways to make a real impact.

Below you'll find a curated list of volunteer opportunities, organized by focus area, to help you quickly find a role that fits your interests and availability.



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# WAYS TO SUPPORT YOUR COMMUNITY THROUGH VOLUNTEERING



## FOOD ACCESS & BASIC NEEDS

### Statewide

#### Project Angel Heart

Prepares and delivers medically tailored meals to people living with severe illnesses.



**Locations:** Across the Front Range



**Time Commitment:** Meal Prep: 2–3 hours; Deliveries: 1–2 hours



[Visit website](#)



**Volunteer Opportunities:** Prepare and package meals in the kitchen or deliver meals to clients' homes. Meaningful, high-impact roles that support medically fragile individuals.

### Denver Metro

#### We Don't Waste

Reduces food insecurity by rescuing high-quality food and distributing it through Mobile Food Markets across Denver.



**Locations:** Denver



**Time Commitment:** 1–2 hours per shift



[Visit website](#)



**Volunteer Opportunities:** Sort recovered food, support market set-up, and engage directly with community members. Shifts are flexible and beginner friendly.

 [volunteer@wedontwaste.org](mailto:volunteer@wedontwaste.org)

#### Denver Food Rescue

Increases access to healthy food through a bike- and car-powered distribution model that helps reduce food waste.



**Locations:** Denver



**Time Commitment:** 1–2 hours per shift



[Visit website](#)



**Volunteer Opportunities:** Support food pickups, deliveries, and community-led distribution events. Short, flexible shifts ideal for beginners.

 [volunteer@denverfoodrescue.org](mailto:volunteer@denverfoodrescue.org)

# FOOD ACCESS & BASIC NEEDS

## Denver Metro

### Bienvenidos Food Bank

Provides culturally responsive foods and mobile pantry services in Northwest Denver.

 **Locations:** Denver

 [Visit website](#)

 [director@bienvenidosfoodbank.org](mailto:director@bienvenidosfoodbank.org)



**Time Commitment:** 2–3 hour shifts; must commit to once a month for about a year




**Volunteer Opportunities:** Sort donations, assemble food boxes, and assist families during pantry hours. Hands-on work with direct community interaction. Most shifts are on Thursdays.

### Metro Caring

Operates a free fresh-foods market and community-driven food justice programs to meet people's immediate need for nutritious meals.

 **Locations:** Denver

 [Visit website](#)



**Time Commitment:** 2–3 hour shifts



**Volunteer Opportunities:** Support market operations, stock produce, assist shoppers, or help with administrative and educational programs.

## Colorado Springs / El Paso County

### Food to Power

Strengthens food access through food rescue, a community greenhouse, and a neighborhood farm.

 **Locations:** Colorado Springs

 [Visit website](#)

 [info@foodtopowerco.org](mailto:info@foodtopowerco.org)



**Time Commitment:** Varies; Shifts available daily



**Volunteer Opportunities:** Sort donations, assist with farm tasks, help with composting, or support community food distribution. Extra opportunities available during growing season.


# SUSTAINABILITY & RECYCLING

## Denver Metro

### WeeCycle


Connects families with essential baby gear through donation collection and redistribution.

 **Locations:** Denver Metro

 [Visit website](#)

 [info@weecycle.org](mailto:info@weecycle.org)

 **Time Commitment:** 2–3 hour shifts

 **Volunteer Opportunities:** Sort donations, prepare partner orders, and support special events. Great for people passionate about supporting infants and caregivers.


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### Jovial Concepts

Transforms residential lawns into community gardens to expand access to fresh produce and foster neighborhood connections.

 **Locations:** Denver Metro (various sites)  **Time Commitment:** Drop-in Saturdays, typically 2–3 hours

 [Visit website](#)

 **Volunteer Opportunities:** Help garden teams with planting, harvesting, composting, and seasonal cleanup. Friendly, flexible environment suitable for all skill levels.


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### Groundwork Denver


Partners with neighborhoods to improve environmental health and sustainability.

 **Locations:** Denver

 [Visit website](#)

 [volunteer@groundworkcolorado.org](mailto:volunteer@groundworkcolorado.org)

 **Time Commitment:** 2–4 hour shifts; one-time and ongoing roles available

 **Volunteer Opportunities:** Participate in trail and river cleanups, urban gardening, tree planting, home energy-efficiency projects, and bicycle outreach. Opportunities to support both environmental improvement and youth leadership programs.

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# YOUTH MENTORSHIP & CHILD-FOCUSED PROGRAMS

## STATEWIDE

### Big Brothers Big Sisters of Colorado

Matches adult mentors with youth seeking consistent, positive role models.

 **Locations:** Across the Front Range

 [Visit website](#)



**Time Commitment:** A few hours per month; requires at least a one year commitment




**Volunteer Opportunities:** Build long-term mentor relationships through outings, conversations, and skill-building activities. Training and staff support provided.

## NORTH METRO AREA

### A Precious Child

Provides clothing, supplies, and resources to children and families facing hardship.

 **Locations:** Broomfield / North Metro

 [Visit website](#)

 [volunteer@APreciousChild.org](mailto:volunteer@APreciousChild.org)



**Time Commitment:** 2–3 hours shifts



**Volunteer Opportunities:** Sort donations, stock the Resource Center, and support distribution events and drives. Fast-paced environment suitable for groups or individuals.

# SENIORS & OLDER ADULTS

## Statewide

### VOA Colorado – Volunteers of America Senior Programs

Supports older adults through Meals on Wheels, housing programs, and companionship services.

 **Locations:** Statewide

 [Visit website](#)



**Time Commitment:** 1–3 hour shifts; varies by role



**Volunteer Opportunities:** Deliver meals, assist with recreational programs, or provide companionship to isolated older adults. Flexible roles across multiple counties.


# SENIORS & OLDER ADULTS

## Denver Metro


### Senior Support Services

Offers day-shelter services, meals, and essential support for older adults experiencing homelessness.

 **Locations:** Denver

 [Visit website](#)

 **Time Commitment:** 2–3 hour shifts

 **Volunteer Opportunities:** Assist with meal service, sort donations, and support daily program activities. Direct and meaningful engagement with vulnerable older adults.

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## DOUGLAS COUNTY

### Aging Resources of Douglas County


Helps older adults maintain independence through volunteer-based supports.

 **Locations:** Douglas County

 [Visit website](#)

 303-814-4300

 **Time Commitment:** Varies

 **Volunteer Opportunities:** Provide transportation, grocery assistance, or friendly social visits. Ideal for volunteers seeking one-on-one connection.

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## COLORADO SPRINGS


### Silver Key Senior Services


Provides food assistance, transportation, and support services for older adults in the Pikes Peak region.

 **Locations:** Colorado Springs

 [Visit website](#)

 719-884-2300

 **Time Commitment:** 1–4 hours; one-time and ongoing roles available

 **Volunteer Opportunities:** Deliver meals, assist in the pantry, or support administrative and special projects. Training provided.

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# VETERAN SUPPORT

## FRONT RANGE

### Salute Colorado

Supports veterans transitioning into civilian careers through mentorship and professional development.



**Locations:** Across the Front Range



**Time Commitment:** 1–3 hours per month



[Visit website](#)



**Volunteer Opportunities:** Support job-readiness activities or serve as a professional mentor to veterans exploring careers in your field.

 [info@salutecolorado.org](mailto:info@salutecolorado.org)

## COLORADO SPRINGS

### Operation Homefront

Strengthens military families through emergency support and community programs.



**Locations:** Colorado Springs



**Time Commitment:** 2–4 hour shifts; one-time and ongoing available



[Visit website](#)



**Volunteer Opportunities:** Help with event set-up, distribution days, donation drives, and outreach activities.

**RMHS**  
Rocky Mountain Human Services

Rocky Mountain Human Services is a nonprofit organization that offers person-centered case management and direct services to support the health, self-sufficiency, and overall quality of life for children, adults, and veterans in Colorado. Please visit our [website](#) to learn more about the services we provide.