



## Good Shepherd Food-Bank

Feeding Maine's Hungry

over **25** years

## How Interact Clubs Can Partner With Good Shepherd Food-Bank

Thank you for your interest in learning more about Good Shepherd Food-Bank. Below you will find several opportunities to become involved with GSFB **throughout the year.**

### **Group Volunteer Opportunities:**

- Become active volunteers within the GSFB warehouse
- Tasks to include, sorting & inspecting food, stocking shelves and assisting agencies with their needs (**large or small groups are always needed**)
- In addition to week day shifts, we offer **Saturday shifts from 7-11 am** and **Thursday evening from 4-8:00 pm** (**just call first so we know you are coming**)

### **Special Events and Projects:**

- Organize Bottle Drives during the year (save the funds and send checks ongoing)
- Organize Food Drives at local Schools...."For Every Can We Can Make a Difference"
  - This could also serve as a media story throughout Southern Maine
- Help distribute "Lucinda Pins" to local businesses
- Cleaning the Apple Orchards throughout Central and Southern Maine

### **Follow up Thank you Calls:**

- Become involved in making "thank you calls" to financial donors
- Time commitment would be once per month

### **Participate as a member of the GSFB Speakers Bureau:**

- Speak to Civic Groups, business groups and others about the value of GSFB
- Time commitment would vary during the year, on a monthly basis

### **Representing GSFB at Community Functions: (Dress as our MASCOT, "SOUPY")**

- Business Trade Shows & Chamber Functions
- Summer Festivals in Southern Maine (Yarmouth Clam Festival & others)
- Time commitment would vary during the year, on a monthly basis

**To learn more about Good Shepherd Food-Bank and the services we provide,  
please visit [www.gsfb.org](http://www.gsfb.org). Thank you for your support!**

**Contact Michelle Gosselin, Director of Development  
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