

SSC Volunteer Days ^[1]

Give back to your community and socialize with co-workers during SSC's inaugural Volunteer Days

Thank you for your interest in CU System's Volunteer Days! System Staff Council is sponsoring in-person and virtual volunteer opportunities for you to help Colorado nonprofits and get to know your System colleagues.

This year, we're focusing on two Colorado nonprofits:

Food Bank of the Rockies is the largest hunger-relief organization in the Rocky Mountain region, distributing an average of 178,000 meals every day through partnerships with 800+ food pantries and other nonprofit organizations in Colorado and Wyoming.

Children's Hospital Colorado on the Anschutz Medical Campus provides comprehensive medical care for kids from birth through adolescence. In addition to being the only pediatric Level 1 Trauma Center in the region, they treat virtually all conditions that affect children.

Food Bank of the Rockies In-Person Volunteering

On May 29 and 30, employees can join us to help the **Food Bank of the Rockies** ^[2] at their Denver distribution center. You may register for one of two shifts:

- **1 - 4 p.m. Wednesday, May 29**
 - **?Main Warehouse (26 slots available)** - Volunteers will inspect, clean, sort and repack perishable and non-perishable food items for distribution to Hunger Relief Partners. Projects may vary. Most projects require attention to detail, and the ability to stand, bend, and lift up to 30 pounds.
- **8:45 a.m. - noon Thursday, May 30**
 - **?Main Warehouse (36 slots available)** - Volunteers will inspect, clean, sort and repack perishable and non-perishable food items for distribution to Hunger Relief Partners. Projects may vary. Most projects require attention to detail, and the ability to stand, bend, and lift up to 30 pounds.
 - **Order Selection (17 slots available)** - Volunteers receive an order sheet for a Hunger Relief Partner and collect ordered non-perishable products for delivery or pick up. This area requires attention to detail, and the ability to stand, bend, and lift up to 30 pounds.

To register:

1. Please use the **group registration link** ^[3] to register yourself for the event.

2. Click on the date and the green “Sign up” button next to the event on the page.
3. You will be prompted to log in. If you do not have an account, you will create an account. You do not need a join code and can skip this step.
4. As a part of the event registration, each person accepts the volunteer agreement and waiver.
5. Once you have created an account and registered for the event, you will receive an automatic confirmation email.

As this is a volunteering activity with physical movement within a warehouse environment, watch the following training videos before registering to determine if this option is the best for you:

[Register today](#) ^[3]

FAQ

Where is the Denver Distribution Center?

Food Bank of the Rockies' Denver Distribution Center is located at 10700 E. 45th Ave. Denver, CO 80239.

How do I track my volunteer shift in MyLeave?

1. Login to my.cu.edu ^[4].
2. Select the **My Leave Tile**.
3. Navigate to the date you are volunteering for and doubleclick on the date.
4. Enter the time you are volunteering for.
5. Under **Earnings Code**, select **Volunteer-Administrative Leave**.

*Earnings Code:

6. Under **Status**, select **Submit a Request**.

*Status:

7. Select **Save**.

Your supervisor can then approve your administrative leave to volunteer.

Will food be provided?

Yes! SSC will provide snacks and drinks during each shift to fuel your volunteer work.

We highly recommend bringing a reusable water bottle for your shift.

What should I wear to my shift?

You will be working within a warehouse environment. Closed toe shoes, athletic clothing, long pants and CU SWAG are recommended.

Can I bring my family or friends to volunteer with me?

While giving back is a great family activity, this event is only for CU System staff members. Food Bank of the Rockies is always looking for volunteers at all of their Front Range and Wyoming locations ^[5] throughout the year.

Will transportation be provided?

Volunteers will be responsible for their transportation to the distribution center. SSC will create a car pool form closer to the event to help volunteers arrange rides if needed.

Children's Hospital Colorado Virtual Volunteering

You can send a Cheer Card ^[6] to patients at Children's Hospital Colorado ^[7] at the Anschutz Medical Campus. Choose a card design and write a personalized message. Volunteers will then print the card and hand-deliver it to a patient's room. Join us for a virtual card-writing party on June 4, or take a quick break and create a card on your own. It only takes 5 minutes!

If you don't know anyone in the hospital right now but want to brighten a child's day, simply write "A Special Patient" in the patient name field. Hospital volunteers will deliver the card to one of the kids.

Please keep these in mind when creating a Cheer Card:

- Do not include the terms "Get Better" or "Get Well Soon." We do not know the medical statuses of every recipient. We suggest uplifting messages like "Stay Strong," "Never forget how amazing you are," "You inspire me," "You're a super hero," and more that focuses on the child rather than their illness.
- Do not write any religious comments such as "God Bless" or "I'm praying for you," unless you are sending a card to a child you know.

Design cards with your coworkers from 2 - 3 p.m. June 4

Chat with co-workers and design cards together over Zoom! This is a great opportunity to draw inspiration from others and take a break from your workday.

Save your spot ^[8]

Groups audience:
System Staff Council

Right Sidebar:

SSC: DIO Contact

Source URL:<https://www.cu.edu/ssc/committees/diversity-inclusion-outreach-committee/ssc-volunteer-days>

Links

[1] <https://www.cu.edu/ssc/committees/diversity-inclusion-outreach-committee/ssc-volunteer-days>

[2] <https://www.foodbankrockies.org/> [3] <http://ucdio.foodbankrockies.volunteerhub.com/> [4]

<https://my.cu.edu> [5] <https://www.foodbankrockies.org/get-involved/volunteer/>

[6] <https://www.childrenscolorado.org/your-visit/cheer-cards/> [7] <https://www.childrenscolorado.org/>

[8] https://cusestem.zoom.us/join/9tJmud-mupz4sHtCHNduv2_wThxmT9fHCiFOK