



IDEAS FOR MIDDLE SCHOOL STUDENTS (Winter 2023)

[A Better Society/Project Life Cycle](#)

A Better Society is a non-profit organization located in Chanhassen, Minnesota. Their longest running project is Project Life-Cycle (PLC). Volunteers of PLCS learn how to repair donated bikes that are given to people in need in the local community.

Interest Category: Community, Environment, Family, Healthcare, Wellness

Opportunities: Assist with Project Life-Cycle events. Become trained in bicycle repair and prepare donated bikes for distribution in the West Metro (1-2 times a month). Visit their office (1453 Park Road, Chanhassen) between 4:00-8:00 p.m. on Tuesdays to learn more about what they do and how you can help. Volunteers are asked to commit to an on-going 1-2 times per month role. Other group opportunities include helping with warehouse organization and special project work (non-cycle).

Age Restrictions: Dependent on activity/project

Volunteer Contact: info@abettersociety.org

[Able Light \(Formerly Bethesda\) Thrift Shop](#)

Able Light/Bethesda Thrift Shop raises funds to support people with disabilities.

Interest Category: Adults & Children with Disabilities

Opportunities: Sort donations and work in resale shop (Minnetonka location).

Age Restrictions: 14 and older

Volunteer Contact: Ann Blatzheim, ann.blatzheim@ablelight.org, 952-939-0989

[Arc's Value Village Thrift Stores](#)

Arc's Value Village Thrift Stores are a revenue generating and public awareness vehicle for The Arc Minnesota, a statewide non-profit organization that works to promote and protect the human rights of people who have intellectual and developmental disabilities. Arc's Value Village accepts clothing, housewares, art, media, books, and related items.

Interest Category: Community, Adults & Children with Disabilities, Environment, Family

Opportunities: Assist in resale stores (10 a.m.- 6 p.m. daily). Help organize, size items, stock sales floor, and assist with donation retrieval. Volunteers need to work for at least a 2-hour shift. Individuals and groups are welcome.

Age Restrictions: 15 and older (independently), 8-13 with an accompanying adult

Volunteer Contact: Michelle Theisen, michelletheisen@arcminnesota.org



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Bountiful Basket Food Shelf

Bountiful Basket Food Shelf provides free nutritious food to individuals and families experiencing food insecurity in the Easter Carver County (but not limited to specific geographical boundaries).

Interest Category: Homelessness, Hunger

Opportunities: Assist clients with distribution and orders on Monday nights or Saturday mornings. Pick up donated food in Chanhassen and Chaska. Spanish speakers welcome.

Age Restrictions: 15 and older (distribution), all ages (donation pick-up)

Volunteer Contact: [Volunteer Application](#)
volunteer@bountifulbasketfoodshelf.org

Bridging

Bridging empowers people to thrive in their homes by providing quality furniture and household goods for those pursuing housing stability.

Interest Category: Community, Environment, Family, Homelessness, Housing, Senior Citizens

Opportunities: Work at sorting donations in the warehouse, help as a shopping assistant to clients, or assist with office work. Groups can help unload/load items at warehouse, fund/build dressers for clients, and create essential packs for clients.

Age Restrictions: 14 and older (to volunteer in warehouse)

Volunteer Contact: [Bridging Volunteers Application](#)
joel.bisser@bridging.org

Bunny Besties

Bunny Besties' mission is to provide impactful Animal Assisted Interactions to support the emotional wellness of our community. They provide sanctuary to rabbits in their program, as well as resources and education to rabbit owners in the community.

Interest Category: Animals, Community, Family, Senior Citizens, Wellness

Opportunities: Assist with therapy interactions and other programming in schools, senior centers, and outreach events. Help in the Bunny General Store (Minnetonka), with animal care, and with social media communication.

Age Restrictions: None

Volunteer Contact: Jsmith@bunnybesties.org or hello@bunnybesties.org



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Deephaven Woods Senior Living

Deephaven Woods is a senior living community located in Deephaven, Minnesota. They offer a variety of senior living options.

Interest Category: Senior Citizens

Opportunities: Entertain residents, help with community events and parties, assist with recycling efforts, and gardening. Engage with residents by playing board games and cards, crafting, and running bingo. Great opportunity for groups and families.

Age Restrictions: Dependent on position, 16 and older for most positions, but options for all ages

Volunteer Contact: katy.swanson@fairview.org

Feed My Starving Children

Feed My Starving Children provides volunteer-packed nutritiously complete meals for starving people around the world.

Interest Category: Community, Family, Hunger

Opportunities: FMSC offers volunteers a one-of-a-kind experience. You'll hand-pack rice, soy, dried vegetables and a nutritionally complete blend of vitamins and minerals into bags which are then sealed, boxed, placed on pallets and shipped to our incredible partners working hard to reach the neediest children around the world.

Age Restrictions: All ages, 18 and under with an accompanying adult

Volunteer Contact: www.fmsc.org/get-involved/volunteer-info

Free Geek

Free Geek Twin Cities is dedicated to addressing the problems of The Digital Divide and electronic waste in our local community through direct, tangible action. Free Geek works to keep technology out of landfills and refurbish items for resale or donation.

Interest Category: Community

Opportunities: Volunteers can assist in recycling technology parts and refurbish computers and other technology. Volunteers can work at Free Geek or at home.

Age Restrictions: 16 and older independently, 16 and under with an accompanying adult

Volunteer Contact: Dave, [Volunteer Information](#), 612-223-5967



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Freedom Farm

Freedom Farm is therapeutic riding program which primarily focuses on supporting teens and veterans.

Interest Category: Animals, Wellness

Opportunities: Opportunities change monthly. Volunteers assist the manager with horses and projects on the property. Training required and provided by Freedom Farm.

Age Restrictions: 14 and older with horse experience

Volunteer Contact: Susie Bjorklund, info@freedomfarmmn.org

Good in the Hood

Good in the Hood is a non-profit organization focused on supporting community members experiencing food or housing insecurity.

Interest Category: Community, Family, Homelessness, Hunger, Wellness

Opportunities: Help sort and organize shoes for the Shoe Away Hunger program, assist staff with food distribution for their Food Shelf in a Box or Food in the Hood programs, provide outreach to the Soles for Souls program, and help with other special events. Great opportunity for groups. [Shoe Away Hunger](#), [Food Shelf in Box](#), [Soles for Souls](#), [Holiday Event](#)

Age Restrictions: Dependent on activity

Volunteer Contact: info@goodinthehood.org

Greater Minneapolis Crisis Nursery

Greater Minneapolis Crisis Nursery's mission is to end child abuse and neglect and create strong, healthy families.

Interest Category: Community, Family, Healthcare, and Wellness

Opportunities: Cook or sponsor a meal for children staying at the Crisis Nursery, create snack kits, or lead an enrichment activity (music, indoor or outdoor games, craft, etc.).

Age Restrictions: 18 and older independently, 12-17 with an accompanying adult

Volunteer Contact: eklahn-grove@crisisnursery.org



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Habitat for Humanity Twin Cities

Twin Cities Habitat brings people together to create and preserve homeownership in our neighborhoods, to partner with low-income families to be successful homeowners, and to inspire action that promotes affordable housing for everyone in our community.

Interest Category: Community, Homelessness

Opportunities: Help build or repair a home with Habitat on site! No construction experience is required. Full-day opportunities available for individuals or groups. Assist in Habitat's ReStore retail space. Help load in donations, sort, and merchandise the store. Individuals ages 18 and older are also eligible to get involved with the HFH AmeriCorps initiative.

[Volunteer Opportunities](#)

Age Restrictions: 16 and older independently, 14-16 with an accompanying adult

Volunteer Contact: lizzy.reilly@tchabitat.org

Hammer Residences

Hammer Residences' mission is to provide adults with disabilities the opportunity to live life to its fullest.

Interest Category: Community, Adults & Children with Disabilities, Wellness

Opportunities: Participate in the Make-a-Friend-Be-A-Friend program, which pairs up volunteers with a resident (1-2 times a month). Assist Hammer at fun, family events. [Volunteer Guide](#)

Age Restrictions: 16 and older independently, 14-16 with an accompanying adult

Volunteer Contact: cthoma@hammer.org

Havenwood-Minnetonka

Havenwood is a senior living and memory care facility located in Minnetonka.

Interest Category: Senior Citizens

Opportunities: Help assist with memory care unit programming, provide support with music, crafts, creative projects, and social visits. Great opportunity for groups and families.

Age Restrictions: 16 and older independently, under 16 with an accompanying adult

Volunteer Contact: lfricke@havenwoodofminnetonka.com



IDEAS FOR MIDDLE SCHOOL STUDENTS (Winter 2023)

Helping Paws, Inc.

Helping Paws trains service dogs for veterans and first responders with PTSD, people with physical disabilities, and people who have experienced trauma.

Interest Category: Animals, Community, Wellness

Opportunities: Recruiting foster home trainers for litters of Golden Retrievers that will start training in late spring or early summer. 1 time a week class commitment. Adults/families typically train for 2 years. [Volunteer Flyer](#)

Age Restrictions: 18 to volunteer independently, 18 and younger with an accompanying adult

Volunteer Contact: volunteer@helpingpaws.org

His House Foundation/Food Abundance Program

His House is a full holistic agency that helps local community members in need (homelessness, sustainable housing, emergency services). His House has a full resource center in Chaska and captures and redistributes food from many sources (restaurants, grocery stores, farmers markets, etc.).

Interest Category: Community, Family, Homelessness, Hunger, Wellness

Opportunities: Help organize resource center donations and manage donations being distributed to other network partners. Help with donation drives of essential supplies throughout the year.

Age Restrictions: 16 and older independently, 16 and under with an accompanying adult

[Volunteer Contact Form](#)

Volunteer Contact: HisHouseNonProfit@gmail.com

Hope Rides

Hope Rides is a faith-based mentorship program utilizing horse, husbandry, and ranch related life.

Interest Category: Animals, Community, Family, Wellness

Opportunities: Assist with projects around the ranch and with various fundraising projects/teams.

Age Restrictions: 15 and older, 7 and older with an accompanying adult

Volunteer Contact: info@hoperides.org



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Humanity Alliance

We are a nonprofit that aspires to create long lasting community value, health, and wealth, by launching and scaling disruptive innovations. Currently focusing on unraveling the catastrophic health outcomes related to food insecurity (Twin Cities/West Metro).

Interest Category: Community, Family, Homelessness, Housing, Hunger, Wellness

Opportunities: Help prep, prepare, and deliver meals to families in need. 5,000 meals are prepared weekly in the Twin Cities. Volunteer sites in the West Metro. Great opportunity for groups and families.

Age Restrictions: 15 and older, 7 and older with an accompanying adult

Volunteer Contact: [Humanity Alliance Volunteers](#)

ICA Food Shelf

ICA offers hope and aids our neighbors in need, through their food shelf, homelessness prevention initiatives, and employment.

Interest Category: Homelessness, Housing, Hunger

Opportunities: Help distribute donated food/produce and help with special events.

Age Restrictions: 16 and older, 12 and older with an accompanying adult

Volunteer Contact: [Volunteer Events Link](#)
volunteer@icafoodshelf.org

Interfaith Outreach and Community Partners

To engage the heart and will of our community to respond to emergency needs and create opportunities for all to thrive.

Interest Category: Community, Family, Homelessness, Housing, Hunger

Opportunities: Act as a play area helper, summer camp counselor, inventory specialist, shopping assistant, pack groceries, receive and organize donations, and cashier (resale store).

Age Restrictions: 16 and older (resale store/food shelf/donation door), 12 and older with an accompanying adult

Volunteer Contact: [Volunteer Form](#)
awyatt@iocp.org



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Loaves and Fishes

Loaves & Fishes is a non-profit organization serving free, healthy meals to Minnesotans. They coordinate a variety of meal programs supported by creative food sourcing, their own farm and gardens, and food rescue efforts.

Interest Category: Community, Family, Hunger

Opportunities: Individuals and small groups can help package and serve meals. Serving volunteers continue to package and distribute meals, clean up during distribution and at the end of the evening, and do dishes throughout the serving period. Great opportunity for groups and families.

Age Restrictions: 16 and older, 8 and older with an accompanying adult

Volunteer Contact: [Loaves and Fishes Volunteer Site](#)
lmoening@loavesandfishesmn.org

Many Hands Many Meals

Many Hands Many Meals is a volunteer-driven non-profit organization with a mission to inspire, engage, and educate people by packing life-saving meals that ease world hunger.

Interest Category: Community, Family, Health, Hunger, Wellness

Opportunities: Assist in packing meals during packathon and private group events. Great opportunity for groups and families. Private events can be scheduled for larger groups.

Age Restrictions: 15 and older, 5 and older with an accompanying adult

Volunteer Contact: mhmm@mountcalvary.org

Minnetonka Community Education

Minnetonka Community Education supports the educational, social, and recreational needs of the community by serving children ages birth to five, youth and adults throughout Minnetonka School District and surrounding communities.

Interest Category: Community, Family

Opportunities: Assist as an event volunteer (Holiday Family Giving, Tonka Chase, Dodgeball Tournament, Tonka Trail Trot, Youth Triathlon, Winter Chase, Tour de Tonka, Firecracker Run, Minnewashta Mud Run, Fall de Tonka.) [Volunteer Flyer](#)

Age Restrictions: Typically, high school ages and above, but some events can accommodate younger students/families

Volunteer Contact: Mindy Schouviller, mindy.schouviller@minnetonkaschools.org



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Mount Olivet-Rolling Acres

Mount Olivet Rolling Acres is a local non-profit organization which provides community services and homes for individuals with disabilities. They enhance personal growth for people with disabilities by offering unique services supported by a caring, dedicated, and knowledgeable team.

Interest Category: Community, Adults & Children with Disabilities, Senior Citizens, Wellness

Opportunities: Assist Mt. Olivet Rolling Acres with annual parties (4-5 a year), make a meal for a group home, share music and fellowship with residents, or assist with summer camp for youth with autism. Great opportunity for groups and families.

Age Restrictions: Age dependent on activity

Volunteer Contact: [Volunteer Contact Form](#)
sahennes@mtolivet-mora.org

MoveFwd

MoveFwd is a non-profit organization that provides at-risk and homeless youth case management and barrier free counseling services. MoveFwd has a drop-in center located at Eisenhower Community Center in Hopkins where they can get personal products, food, and other resources.

Interest Category: Community, Family, Healthcare, Hunger, Homelessness, Wellness

Opportunities: Volunteer for events, provide meals, or collect donations for the drop-in center. Good opportunity for groups or families.

Age Restrictions: Age dependent on activity

Volunteer Contact: skemp@movefwdmn.org

Opportunity Partners

Opportunity Partners is a Minnesota non-profit organization that works alongside people with disabilities to provide job training, employment, and residential support for people to live more independently, succeed on the job and lead lives filled with purpose and meaning.

Interest Category: Community, Adults & Children with Disabilities, Family, Healthcare, Wellness

Opportunities: Volunteer in a classroom, on the production floor, share or teach a skill/talent, or help at a special event. Group opportunities include yard clean-up, playing bingo with residents and coordinating craft projects/activities. Great opportunity for groups or families.

Age Restrictions: Dependent on activity

Volunteer Contact: aboxer@opportunities.org



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Pinky Swear Foundation

Pinky Swear Foundation is a non-profit organization that helps children with cancer and their families with economic and emotional support.

Interest Category: Community, Family, Wellness

Opportunities: Write encouraging letters and create uplifting artwork for patients being treated for cancer.

Age Restrictions: None

Volunteer Contact: info@pinkyswear.org

People Serving People

People Serving People is the largest and most comprehensive emergency shelter for families experiencing homelessness in Minnesota.

Interest Category: Community, Environment, Family

Opportunities: Serve meals to families in the shelter and do housekeeping in the shelter. Create winter essentials packs, snack kits, activities kits, and execute donation drives. Great opportunity for groups and families. [Individual Volunteer Flyer](#), [Group Volunteer Flyer](#)

Age Restrictions: 18 and older independently, 16-17 with an accompanying adult, off-site projects any age

Volunteer Contact: volunteering@peopleservingpeople.org

Reach for Resources

Reach for Resources supports individuals with disabilities and mental illness by providing individualized services that maximize independence, promote community involvement, and improve physical and mental well-being.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Volunteers can work directly with clients, assist us with a special skill as well as assist at one of their adaptive recreation programs (weekdays and weekends). To volunteer with Reach, you must go through an interview process and complete an orientation training session.

Age Restrictions: 16 and older independently, 8-16 with an accompanying adult and youth waiver form

Volunteer Contact: [Volunteer Form](#) or (952) 393-4277



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ResourceWest

ResourceWest supports individuals and families in the West Metro through collaborative programs and connections to resources as they move toward greater stability. They also provide social services and children and youth programming.

Interest Category: Community, Family, Housing, Homelessness

Opportunities: Many one-time volunteer opportunities including, organizing donations, and assisting with the distribution of school supplies/winter gear/toys to families who register for these programs. Volunteer at **Gathering to Grow**, their March 13, 2023 fundraiser. Options for individuals and groups to create donation drives (Back-to-School, Winter Warm Wear, and Toy Chest). [Donation Drives Volunteer Flyer](#), [Volunteer Overview Flyer](#)

Age Restrictions: None

Volunteer Contact: [Volunteer Application](#)
alison@resourcewest.org

Ronald McDonald House Charities, Upper Midwest

Ronald McDonald House Charities-Upper Midwest provides a comfortable and caring home-away-from-home for families facing a child's medical crisis. RMH provides food, lodging, comfort, and support to families.

Interest Category: Family, Healthcare, Wellness

Opportunities: On-site and off-site opportunities are currently available. Access a list of ways you and your friends can support families from your location. Great for groups and families. [On-Site Volunteer Flyer](#), [Off-Site Volunteer Flyer](#)

Age Restrictions: 18 and older, 14 and older with a trained accompanying adult

Volunteer Contact: twelch@rmhc-uppermidwest.org

Secondhand Hounds

Secondhand Hounds helps find homes for dogs who are stray or need to be relocated. Many of their dogs are coming from puppy mills.

Interest Category: Animals, Environment

Opportunities: Assist with intakes, special events, and fostering a dog.

Age Restrictions: 16 and older, 12 and older with an accompanying adult

Volunteer Contact: volunteering@secondhandhounds.org



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Second Harvest Heartland

Second Harvest Heartland is one of the nation's largest food banks. They help distribute food to non-profits assisting families who are experiencing food insecurity.

Interest Category: Homelessness, Housing, Hunger

Opportunities: Assist with sorting, packaging, weighing, and labeling various food items.

Age Restrictions: 16 and older, 8 and older with an accompanying adult

Volunteer Contact: volunteer@2harvest.org

Senior Community Services

Senior Community Services mobilizes open-hearted people in the community to bring affordable home maintenance and chore services to seniors in Hennepin County.

Interest Category: Community, Senior Citizens

Opportunities: Help seniors with snow removal and technology support and assist in the office. Great opportunity for groups and families. [Individual Volunteer Flyer](#), [Group Volunteer Flyer](#)

Age Restrictions: 18 and older, 17 and under with an accompanying adult

Volunteer Contact: scsvolunteer@seniorcommunity.org or call 952-767-7894

Sojourner Project

Provide support services to victims of domestic violence and sexual assault.

Interest Category: Community, Family, Homelessness, Housing

Opportunities: Assist with outdoor clean-up, organization of donation spaces, childcare (evenings and weekends), adopt a room to redecorate, and creating donation drives. [Volunteer Flyer](#)

Age Restrictions: 16 and older independently, 16 and under dependent on activity

Volunteer Contact: [Volunteer Application](#)
becca@sojournerproject.org



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The Glenn Minnetonka

The Glenn is a senior living community located in the Glenn Lake area of Minnetonka.

Interest Category: Senior Citizens

Opportunities: Assist residents with activities, crafts, bingo, etc. Take residents for a walk and provide one-on-one interaction. Connect virtually with our residents via sing-along, cooking demo, reading, musical performances, etc. Great opportunity for groups and families. [Volunteer Flyer](#)

Age Restrictions: 15 and older (in person), 15 and under with an accompanying adult, any age (virtual)

Volunteer Contact: advorak@greatlakesmc.com

The PROP Shop

The PROP Shop is a non-profit organization located in Eden Prairie that provides free clothing and furniture to local families in need. They operate a donation center, a resale store, and a free area.

Interest Category: Community, Family

Opportunities: Assist with organization of donations and outdoor projects. Create donation drives, create "Build-a-Kitchen packages, and bake occasionally for events. Need help on weekdays (3-5 p.m. & 5-7 p.m.) and weekend afternoons in the warehouse and sales floor. [Volunteer Flyer](#)

Age Restrictions: 14 and older (on-site), none (at-home)

Volunteer Contact: Alicia@propshopep.org

Three Rivers Parks District (Lowry Nature Center)

Three Rivers Parks District is a local government park district that focuses on outdoor education, recreation, and natural resources management.

Interest Category: Animals, Community, Environment, Family

Opportunities: This winter help with animal/reptile care, or assist with special events. Great opportunity for groups and families. [Lowry Nature Center Flyer](#)

Age Restrictions: 14 and older, under 14 with accompanying adult (group projects)

Volunteer Contact: [Three Rivers Volunteers](#),
volunteer@threeriversparks.org



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Trouvaille Homes of Excelsior

Trouvaille Homes (true-Vi) provides a loving place for seniors who suffer from memory loss, such as Alzheimer's and various forms of dementia. They offer a variety of services and programs for their residents.

Interest Category: Senior Citizens

Opportunities: Provide entertainment/enrichment for residents by creating videos of musical performances, art demonstration, skits, reading a story/poem, etc. Assist with preparing craft projects for theme events and help with outdoor landscaping maintenance. Great opportunity for groups and families.

Age Restrictions: None

Volunteer Contact: awebb@trouvaillehomes.com

WeCAN

WeCAN is a community non-profit organization that provides support services to individuals and families to reach stability and self-sufficiency.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Volunteers assist with projects at WeCAN facility in Mound, conduct donation drives (school supplies, winter clothing, holiday gifts), and assist at special events.

Age Restrictions: 16 and older, 16 and under with an accompanying adult

Volunteer Contact: executivedirector@wecanmn.org

We Can Ride, Inc.

We Can Ride, Inc.'s mission is to improve the lives of individuals with disabilities or special needs through equine assisted activities and therapy.

Interest Category: Animals, Adults & Children with Disabilities, Healthcare, Wellness

Opportunities: Volunteers assist with side walking and leading horses in therapy classes. This requires training, which is provided to new volunteers. Build or create something that would help their program and help at special events (a couple of times a year).

Age Restrictions: 14 and older (general chores), 18 and older (feeding)

Volunteer Contact: angelm@wecanride.org



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Additional Student/Family Volunteer Resources

[Hands On Twin Cities](#)



[Doing Good Together](#)



[Volunteer Match](#)



[Minnetonka High School Service Clubs](#)

Questions? Contact: Sarah Johnson, Community Service Specialist,
sarah.johnson@minnetonkaschools.org or 952-401-5766