



# CORPORATE HALF DAY OF SERVICE SUPPORT LOCAL HUNGER RELIEF

## Make a Meaningful Impact

Join YMCA SouthCoast's Sharing the Harvest Farm and Full Plate Project for a hands-on volunteer experience that provides nutrition assistance for our SouthCoast neighbors in need.

**Ideal for small teams (5–10 participants). Advance notice (minimum 2–3 weeks) required.**

## Why It Matters

- Bristol County has one of the highest rates of food insecurity in Massachusetts.
- 100% of produce grown at Sharing the Harvest is donated.
- Full Plate Project serves more than 3,000 households each month.
- Volunteers make this work possible – your time and energy matter!

## Sample Schedule:

8:00–9:30 AM – Volunteer with Full Plate Project Food Packing  
9:30–10:00 AM – Overview of Food Insecurity & Local Response  
10:00–11:30 AM – Volunteer at Sharing the Harvest Farm  
11:30–12:00 PM – Wrap-Up & Reflection

## Let's Do More Together

Interested in scheduling a Half Day of Service for your team?

Contact: Lisa Rahn at [lrahn@ymcasc.org](mailto:lrahn@ymcasc.org).

Learn more at [YMCASC.ORG](http://YMCASC.ORG).



**YMCA SOUTHCOAST**  
[ymcasc.org](http://ymcasc.org)

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622  
Mattapoissett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622



# VOLUNTEER OPPORTUNITIES TO SUPPORT LOCAL HUNGER RELIEF

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## Opportunities Available:

- Food packing at Sharing the Harvest Farm
- Food distribution at 5 YMCA Southcoast branches
- Lend a Hand on the Farm: Harvesting, Harvest Wash Station, Transplanting/ Weeding, etc.

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For a full list of  
opportunities scan  
the QR code below!



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