

Volunteer Pioneer Strong!

All students are encouraged to volunteer. The amount of time volunteered depends on your schedule, but even 2 hours a week can make a big difference in the lives of whom you serve. By serving others you can accumulate over 100 hours per year to put on a job resume or college application.

There are also numerous awards and scholarships you can earn for your volunteer work (Congressional Award, Prudential Spirit Award, Pioneering Spirit Award, Presidential Service Award, Eagle Scout Award, etc.). For more information ask a counselor or research awards online.

Opportunities for students age 12+

Friends in Need (Eagle Mountain) (801) 891-2622

Help take care of the wide variety of animals at the animal sanctuary, clean cages, play with animals or fundraise for the animal's needs.

Welcome Baby/United Way (Utah County) (801) 691-5334

Teach new parents about infant development, health, safety and community resources. Training is provided. A one-year commitment is desired. Help is also needed to make baby blankets, collect diapers, etc.

Community Action Food Bank (American Fork and Provo-Main Office) (801) 373-8200 or Lorin at lmanzione@cummunityactionuc.org

Collect toothpaste, napkins, hand soap, diapers, toilet paper, paper towels, or canned and dried food or help sort food into boxes for families in our community.

The Food and Care Coalition (Provo) (801) 373-1825

Help make or donate sack lunches for homeless and low-income families and individuals.

Project Evergreen (Utah County) (888) 611-2956

Serve military families with loved ones serving overseas by shoveling snow, mowing lawns and more.

SCERA Theater (Orem) (801) 225-2569

Volunteer by handing out programs, ushering, cashiering, providing concessions, or providing technical support.

Rippy Literacy Center (Lehi) (385) 201-1060

Volunteers needed to support students with basic math/reading skills. Application is online at www.lehi-ut.gov/discover/literacy-center.

Opportunities for students age 13+

Kids on the Move (Lehi) (801) 221-9930

Tend children on Tuesday, Wednesday and Thursday evenings.

American Red Cross (Utah County) (801) 221-7626

Be a member of the Disaster Relief Team or serve with the Armed Forces Emergency Services (AFES) Call (801) 373-8580 to find out more. Volunteers can also donate blood at the Orem blood bank or serve cookies to donors.

Opportunities for students age 14+

Habitat for Humanity (Utah County) Contact LeAnn at (801) 344-8527

Volunteers under the age of 17 require adult supervision. Students can also collect aluminum cans and scrap metal to accrue volunteer hours.

Recreation and Habilitation Services (RAH!) (Orem and Provo) (801) 374-8074

Volunteers needed to support others with bowling, activities at the facility, and crafts.

Courage Reins (Highland) (801) 756-8900

Volunteer to assist people with disabilities in therapeutic horseback riding lessons. Also, help care for horses, work in the office, recruit volunteers and more. Information online at www.couragereins.org.

Timpanogos Cave (American Fork Canyon) (801) 756-5293

Volunteers follow tour specialists and tour groups and answer questions for guests. Volunteers also help rangers by reporting behavioral issues with the tour group. Applications online, and at the cave.

IHC Hospitals (Utah and Salt Lake Counties) (801) 855-3506

Primary Children's Hospital (Salt Lake City) (801) 622-6560

Volunteer opportunities include working in the gift shop, helping in surgery waiting rooms, and helping in the business office. Applications available online and at the hospitals. Volunteers are required to attend an orientation and a 2 ½ hour training. Volunteers are also asked to commit to 3-4 hours a week for at least 6 months.

Living Planet Aquarium (Draper) (801) 355-3474

Applications online, over the phone, or at the aquarium. Volunteers must commit to 10 hours per month.

Clark Planetarium (Salt Lake City) www.clarkeplanetarium.org.

Volunteers sign up for specific events at the Planetarium. Commitments vary for each event.

Hogle Zoo (Salt Lake City) (801) 584-1737

Volunteers teach visitors about the animals. Applications online. Training is in the spring. Volunteers need to commit to 8 hours a month for one year.

Hutchings Museum (Lehi) (801) 768-7180

Volunteers participate in cleaning and several events by running booths, dressing up as characters, and interacting with visitors. Some commitments require mandatory event meetings and a commitment for the length of events (usually about a week).

If anyone knows of a volunteer opportunity we should add to our list, please contact Joyce Chirrick at jchirrick@alpinedistrict.org