2021 CORPORATE ENGAGEMENT TOOLKIT:
A guide for organizations to volunteer as a team

United Way’s vision of a community where all individuals and families achieve their human potential for education, financial stability, and healthy lives is ambitious. To realize this vision, we provide volunteer experiences to empower our corporate partners to roll up their sleeves and build inclusive communities that support individuals where they live, work, learn, and play.

United Way of Olmsted County can help you coordinate team volunteer projects!
Step 1: Read through the following Corporate Engagement examples.
Step 2: Contact Amy Wilfahrt at amyw@uwolmsted.org or 507-535-5502 to learn more.
Step 3: Select an opportunity and volunteer as an organization!

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Pictured left: Country Financial donated, assembled, and delivered activity kits to Byron School Readiness.
Pictured right: The Boldt Company hosted an employee collection drive for Community School Gage Elementary.

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## IN PERSON VOLUNTEER OPPORTUNITIES
Examples of Corporate Engagement in the community!

### Health

| Local Vegetable Gardening | Help plant, weed, or deliver local produce! Revolutionary Earth Farm is tended by a 100% volunteer labor union and distributed locally to low-income households. A family-friendly, outdoor volunteer opportunity with weekend shifts spring to fall.  
  ➔ More information from Revolutionary Earth |
| Mentor a Refugee or Immigrant Family | Volunteer to offer support and friendship to a refugee or immigrant family in the community. A perfect opportunity to learn about a new culture and build bridges at the same time! *Mentorship commitment is once a week for 3 months.  
  ➔ More information about the IMAA Match Program |
| Walk for Mental Health | Our collective mental health needs are at their greatest now. One in three U.S. adults reported experiencing depression or anxiety since the pandemic began. NAMIWalks Your Way Southeast Minnesota is an in-person event (September 25, 2021) and a virtual kick-off experience (August 4, 2021). Sign up as a workplace, and don’t forget to share your activity on social media with the link to your walk fundraising page and the hashtag #NotAlone and #NAMISEMN.  
  ➔ More information from NAMI |
| Cook for Kids | Purchase, prepare, and serve a meal for families on evenings when mothers attend Life Skills programming. This event occurs Tuesday evenings with the meal served from 5:15-6:00 pm. Cook once, once a month, once a quarter… it’s up to you! This is the perfect team-building service opportunity for small groups.  
  ➔ More information from Jeremiah Program |
| Provide Senior Transport | Give a senior a ride to and from important resources in the community such as healthcare services, the grocery store, places of worship, the bank, etc. Volunteer individually or create a rotating office schedule to offer long-term support!  
  ➔ More information from Elder Network |
| Youth Sports Mentorship | Volunteer for an activity-based mentoring program for youth ages 10-14. Participate in sports, goal setting related to physical activity, community service, healthy choices, and academics. *Mentorship commitment is one year.  
  ➔ More information from Bolder Options  
  Mentor through Student Athlete Development, the SPARK Program (ages 10-17), or North Star Program (ages 17-21). *Mentorship commitment is one year.  
  ➔ More information from Hope Fuse |
| Adopt-a-Spot | You, your family, your neighborhood, or your business can volunteer to Adopt-a-Spot. A variety of local ‘spots’ are available to clean and take care of including drains, stormwater ponds, rivers, and highways.  
  ➔ More information from Rochester Public Works Department |
| Clean Up Our Local Parks | Gather your team and spend a few hours cleaning up trash at a local park or trail. A flexible, outdoor opportunity for teams of all sizes.  
  ➔ More information from Olmsted County |

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| **Farmers Market Welcome Booth** | Welcome newcomers and meet new local food lovers in our community! Volunteers offer market maps, highlight special activities, and sell Rochester Farmers Markets merchandise with proceeds going to the nonprofit Friends of the Farmers Market. 2-hour shifts available May-October.  
→ More information from Rochester Farmers Markets |
→ More information from United Way of Olmsted County |
| **Collection Drive for Community Schools** | Help students in Rochester get a “running start for school”. Volunteer to check, label, and organize 2,800 backpacks with school supplies. Each July-August, this is a wonderful opportunity for corporate groups to learn about United Way’s work in education.  
→ More information from United Way of Olmsted County |
| **Running Start for School** | Help guide our senior neighbors with questions on how to use technology. Volunteers help with tablet applications to improve the individual’s communication with friends and family, connect with medical providers, use email to communicate with others, order groceries online, and access other important resources.  
→ More information from Elder Network |
| **Assemble Activity Kits** | Assemble Activity Kits for preschoolers, aging adults, or people with disabilities. United Way will provide supply lists including puzzles, word searches, art supplies, simple board games, and more.  
→ More information from Bear Creek Services  
→ More information from Elder Network  
→ More information from Byron Public Schools Early Education |
| **Technology Assistance for Seniors** | Help our Community File Taxes | Help low-to-moderate income and elderly individuals prepare their tax returns so that they can receive a credit and/or refund to which they are entitled. Volunteer tax preparers, interpreters, receptionists, and appointment schedulers make this program possible. *Volunteer commitment is at least once a week from Jan to Apr.  
→ More information from Volunteer Income Tax Assistance (VITA) |
| **Food Donation Distributor** | Volunteer to collect food donations from restaurants, cafeterias, businesses and grocery stores, then distribute the food to Community Food Response clients. Shifts are available on Mondays, Wednesdays, and Fridays.  
→ More information from Community Food Response |

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| Deliver Meals on Wheels | Deliver Meals on Wheels for Family Service Rochester. Drivers and substitute drivers are needed for weekday and weekend routes in the city of Rochester.  
→ More information from Family Service Rochester  
Be a volunteer driver for the Home Delivered Meal Program through Three Rivers. Help deliver weekday noontime meals in the communities of Cannon Falls, Goodhue, Faribault, Mazeppa, Pine Island, Wabasha, Wanamingo, or Zumbrota.  
→ More information from Three Rivers Community Action |
| --- | --- |
| Food Shelf Group Packing | Support the need for stable, equitable access to nutritious food through various, flexible opportunities for groups of 2-24. Help sort, label, and repack bulk items into family-sized portions that will be distributed to Channel One’s storefront, other food shelves and mobile pantries in our community, and the Nutritional Assistance Program for Seniors program.  
→ More information from Channel One Regional Food Bank |
| Spring or Fall Clean Up | Support senior independence in the spring by trimming bushes, pulling weeds, etc. Help in the fall by leaf raking, gutter cleaning, and window washing before winter rolls in. An excellent outdoor activity for large groups up to 200!  
→ More information from Family Service Rochester |
| Lawn Mowing for Seniors | Help an older adult with lawn mowing and essential yard maintenance over the summer. Sign up as an individual or small team, and you would be matched with a specific homeowner living in close proximity. Lawn mowing is usually completed weekly, depending on the amount of rain, how fast the grass is growing, etc).  
→ More information from Family Service Rochester |
| Yardwork for Group Homes | Help beautify group homes for individuals with disabilities. The residents who live there take pride in their homes and need help keeping up with yard work and minor maintenance. If your corporate group wants to volunteer outside, there are 12 group homes who would love your help!  
→ More information from Bear Creek Services |

**Pictured:** Affinity Plus Federal Credit Union installed the Born Learning Trail near Three Links Park.

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### Remote Volunteer Opportunities

Examples of Corporate Engagement from your home or workplace!

#### Health

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<tr>
<th>Activity</th>
<th>Description</th>
<th>More Information</th>
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<tbody>
<tr>
<td>Complete the 21-Day Equity Challenge</td>
<td>Join the 21-Day Equity Challenge, a self-guided learning journey examining the impacts of racism and how it shapes people’s lived experience in Olmsted County. Participants can expect to spend 15 minutes each day of the challenge delving into email prompts with readings, videos, and/or podcasts that deepen their understanding of bias, prejudice, privilege, and oppression.</td>
<td>More information from United Way of Olmsted County</td>
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<tr>
<td>Mail a Card</td>
<td>Send your warm thoughts and well wishes in the form of a card or letter to local seniors who receive meals on wheels from Family Service Rochester or community members with developmental disabilities who reside at Bear Creek Services. United Way of Olmsted County can provide a writing template, addresses, and reflection questions for your group!</td>
<td>More information from Bear Creek Services</td>
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#### Education

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<td>Virtual Children’s Read Alouds</td>
<td>We invite your workplace to add to our free collection of virtual read alouds! We’ll provide the step-by-step directions, YouTube account information, and reflection questions. Each volunteer just needs a children’s book and a webcam.</td>
<td>More information from United Way of Olmsted County</td>
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<td>Local Issue Advocate</td>
<td>Watch “Partners &amp; Pastries”, quarterly Facebook Live conversations featuring local programs working towards positive health, education, and financial stability outcomes for all. Host a follow-up discussion with your colleagues and/or utilize your social media accounts to educate your network about issues you care about.</td>
<td>More information from United Way of Olmsted County</td>
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<td>Virtual School Supply Drive</td>
<td>Promote Running Start for School, a community-wide backpack and school supply drive, to ensure that every child has access to brand new school supplies. Share our virtual Roonga drive to help us reach our goal of about 2,800 backpacks.</td>
<td>More information from United Way of Olmsted County</td>
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Helping local students succeed just got easier!

Donate brand NEW & FULLY PACKED BACKPACKS online to Olmsted County students in need by visiting: www.roonga.com/RunningStart2021

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## Financial Stability

| Support a Local Food Shelf | There are other ways to help support local food security besides in-person volunteering. Many of our neighbors are facing additional barriers to accessing nutritious food. Donate to a local food shelf or purchase grocery gift cards for local nonprofits to distribute to their participants.  
|                          | ➔ **Find a community food support agency near you!** |
| “Adopt a Family” this Winter | To make winter a little bit brighter, Jeremiah Program organizes wish lists for each family in their program. They need sponsors for 50 families. Families consist of 2, 3, or 4 people, and require a limit of $75 to $100 per person. Wish lists will be ready in early November. Gifts (unwrapped and tagged with the corresponding family code) must be delivered by early December. The whole process is anonymous; you’ll never know your family’s name and they’ll never know yours.  
|                          | ➔ **More information from Jeremiah Program** |
| Women’s Shelter Experience | You could save a life just by spreading the word about the Women’s Shelter and Support Center services. Host a free 30-minute presentation (in-person or online over Zoom) for a group of 10 friends, peers, family members, etc. to learn about the work of the shelter. This impactful presentation includes stories from survivors and staff who share experiences about how the shelter helps victims in their time of need and beyond.  
|                          | ➔ **More information from Women’s Shelter and Support Center** |