



KIDS AGES 10-17 SERVING THEIR NEIGHBORS THROUGH MUST

Kids and families are a vital part of MUST Ministries

MUST Ministries exists by the grace of God through the generosity of supporters like you. We could not operate without our donors and volunteers! Each project outlined here is vital to helping MUST carry out its Mission. **Kids age 10-17** can serve in several locations **with the help of a parent**. While Kids under the age of 10 cannot volunteer on our premises, there are TONS of things they can do to help out! Have questions about what you can do, or an idea to support our ministry and the people we serve? Contact volunteer@mustministries.org!

Opportunities for Kids ages 10-17 (see additional opportunities on reverse side)

Serve Meals at the Loaves & Fishes Kitchen (iminns@mustministries.org)

The Loaves & Fishes Kitchen, located on the Elizabeth Inn Campus, serves three meals a day, 365 days a year.

We need groups to purchase, prepare and serve meals. Kids over age 10 (accompanied by a parent) can help serve in the dining area; one must be over 16 to help in the kitchen.



Weekday breakfast & dinner: Guests of the Elizabeth Inn are provided a hot breakfast and dinner.

Weekday sack lunches: Shelter guests are provided a sack lunch while they are out seeking work.

Weekday hot lunches: Anyone in the community who is hungry is welcome at MUST for a hot meal.

Weekend meals: Loaves & Fishes serves Elizabeth Inn guests only Saturdays and Sundays.

Holiday Buffet Meals

Easter Sunday,
Independence Day,
Thanksgiving Day

Contact the Loaves and Fishes Kitchen

Lavon Minns:
iminns@mustministries.org

MUST
Loaves and Fishes
Kitchen
55 Elizabeth Church
Rd, Marietta Bldg #200

The Donation Center

The generosity of the community comes together at the **Donation Center**, a large warehouse designated for food and clothing given for your neighbors in need.

- **Individuals** can serve **Tuesday through Saturday** (ages 10-17 with a parent).
- Groups of up to **20 people** can serve morning or afternoon **Thursday through Saturday**. Adult to youth ratio is 1:7.

Fill out an application and e-mail Wendy Booth at wpbooth@mustministries.org.

Volunteer Tasks

- **Sort, box and shelve food**
 - Sort Clothing
- **Size and hang clothing**
 - Sort toiletries
- **Sort and match shoes**
 - Sort linens
- **Other projects as needed!**

Helpful Hints

- The Donation Center is not air-conditioned; wear comfortable clothing!
- Wear comfortable, close-toed shoes. No sandals, flip-flops or dress shoes allowed.
- Bring snacks/water to enjoy during a break.

Special Seasonal Outreach

Summer Lunch

Mid-May through Mid-August
More than 187,000 lunches are provided to children on the free/reduced lunch program in six metro Atlanta counties.
Volunteer weekdays at a host site!

Toy Shop

December
The Toy Shop operates for three weeks in December providing new toys and clothing to families in need.
Volunteer for set up or clean up!
santa@mustministries.org

Gobble Jog

Thanksgiving Day
Participate in our largest event and fundraiser... *as a runner or a volunteer*
Thanksgiving Day or the Wednesday before!
Over 200 volunteers and 10,000 runners make this great event happen!

How to Get Started

- **To volunteer onsite, fill out an individual or group application** online through our website, click on "I am here to....Be Help". Separate applications should be submitted for a child and a parent.
- **E-mail the Volunteer Coordinator** at your preferred location.
- For additional help in identifying the right project for your group, email our volunteer office at volunteer@mustministries.org.

KIDS OF ALL AGES SERVING THEIR NEIGHBORS THROUGH MUST

MUST Kits *Fun & Fellowship while providing MUST with needed items!*

UTENSIL ROLLS	LAYETTE KITS	SHELTER GUEST KIT
<p>What is a utensil Roll?</p> <p>The Loaves & Fishes Kitchen uses more than 200 fork, spoon and napkin rolls each day! Your group can help MUST by rolling a plastic fork and spoon (no knives please) in a napkin and fastening it with tape or a ribbon.</p>	<p>Babies are a blessing!</p> <p>Decorate a box with baby wrapping paper and include items needed for a newborn: bottle bag, bottles, rattle, newborn outfit, baby wipes, baby oil, baby shampoo, baby powder, disposable diapers, and receiving blanket.</p>	<p>Children's First Aid Kit</p> <p>Zip lock bag with suntan lotion, Band-Aids, bug repellent, first-aid ointment, anti-fungal spray, Tylenol and chap stick.</p> <p>Shelter Guest Kit</p> <p>Fill a large zip lock bag or tote with a toothbrush, toothpaste, deodorant, shampoo and disposable razors</p>

Questions?

E-mail

[Volunteer](mailto:Volunteer@mustministries.org)

[@mustministries.org](mailto:Volunteer@mustministries.org)

Collections

New Socks

New Underwear

Deodorant

Bottled Water, Gatorade, Powerade

Blue Jeans

Canned and non-perishable food. Items most needed include: spaghetti sauce and pasta, peanut butter and jelly, baby food and coffee.

Baby formula, cereal, wipes and diapers.

Books. Especially children's books, mysteries and Bibles.

Toiletries. Soaps, shampoos, conditioner, lotion, toothbrushes, toothpaste, deodorant, razors, shaving cream and wash cloths. *No alcohol based mouthwash.*

Seasonal Needs. Hats and gloves, ponchos and umbrellas, winter coats, Halloween costumes, Valentine cards, etc.

Adult bicycles in working condition.

Paper Products. Toilet paper, paper towels, tissue, and white copy paper.

Cleaning Products and Tools. All-purpose cleansers, sponges, brooms and mops.

Tents, sleeping bags and tarps

Moms for MUST Special Seasonal Outreach Ideas to help our community

Moms for MUST is an online advocacy group that will help MUST while helping neighbors in need. They use social media to "share" and "retweet" the needs of and opportunities at MUST. Join the MOMS for MUST Facebook group!

Summer Lunch *Mid-May to Mid-August*



More than 187,000 lunches are provided to hungry children in six counties in metro Atlanta.

Donate sandwiches or full lunches.

Toy Shop *December*



The Toy Shop operates for three weeks in December providing new toys and clothing to families.

Donate toys or make scarves and hats!
santa@mustministries.org

Easter Baskets *Spring*

Baskets with personal care items (toothbrush, toothpaste, washcloth, hairbrush, comb) small toys, books and wrapped candy are distributed to MUST clients.

Donate items or baskets.

Support our Kitchen Ministry

Make breakfast sandwiches

(sausage/ham and a biscuit)

given to shelter guests who leave for work before breakfast. We use 100+ per week.

Make a meal ahead

for 75 people that can be used on days when we do not have a group providing a meal. Choose something that can be frozen and used when needed.

Provide cookies or candies

Wrap in individual packets that can be handed out to 70-80 people at mealtime.

Make Sandwiches for Lunch

We give out over 70 sack lunches each week day for guests going to work or school. Make sandwiches that can be frozen (no condiments), wrap them separately (ziplock is ideal) and store them in larger sealed bags labeled and dated.

Please contact the kitchen at 678-218-4535 prior to donating food items.

Donations may be delivered during these times:

Monday thru Friday

5:30am to 2:00pm or 5:00pm to 8:00pm

Saturday & Sunday

5:30am to 1:30pm or 4:30pm to 8:00pm

Provide or bake cakes, cookies, pies

There are times when meal groups do not bring dessert.

Decorate lunch bags

We use 70+ a day and the guests love to see the drawings & messages that children put on the bags.

Other supplies

Divide large quantities of grains (rice & beans), staples (sugar & flour) or laundry detergent into sandwich size zip lock bags.

Please label the bag and fill it completely. We distribute these through our Food Pantries.

Back to School (Cherokee County only) July

Donate or help organize school supplies to be distributed to client families so students begin the school year with all the tools they need to be successful!

Contact mcherokee@mustministries.org