

# Youth Activities and Volunteering

with Interfaith Community Services



Interested in organizing an activity? Contact:  
Nusrat Symons, Volunteer Coordinator  
(760) 489-6380 ext. 221  
[nsymons@interfaithservices.org](mailto:nsymons@interfaithservices.org)

## Organize a Collection Drive

*A Project for All Ages*

Raise awareness and help those in need with a Collection Drive within school, or neighborhood. You could collect: nonperishable food, new socks, baby supplies, blankets, new board games, or call Interfaith to find out our current in-kind needs.

## Make Sack Lunches for Low-Income Workers and Homeless

*A Project for Third Grade And Up*

Each weekday, Interfaith provides at least 80 sack lunches to low-income families including those who are homeless. Your group can make lunches at Interfaith, or offsite at your location. Groups are encouraged to provide the food for the lunch including a sandwich (peanut butter & jelly, bologna & cheese, tuna, etc – please, no mayonnaise), fruit, a drink, and a snack item (cookies, chips, pretzels, etc).

## Prepare and Serve Meals for Veterans in Escondido

*A Project for High School Aged Youth*

This is a great service project for older youth. Help prepare and serve dinner for our 54 Veterans at Merle's Place, a transitional housing facility attached to our Main Office in Escondido. Work with our professional cook to chop, cut, bake, fry, mix, or grill dinner and then serve the residents. Interfaith provides all the food and even the hair-nets! Meal preparations begin at 4:30 p.m. sharp! Call our Volunteer Coordinator to check availability for weekday and weekend meal times.

## Make Table Decorations for the Soup Kitchen

*A Project for All Ages*

Help decorate our soup kitchen. The 12 table decorations can have a holiday theme like Easter, Thanksgiving, Christmas, but also you could make decorations for the seasons or other holidays, like St. Patrick's Day and 4<sup>th</sup> of July. Our kitchen provides more than 200 hearty-meals each weekday morning.

## Create Greeting Cards for our Seniors

*A Project for All Ages*

Design, create, or color a greeting card for one of our Case Managers to give to a senior on one of their weekly visits. Make 10 or make 100!

## Cook Dinner for our Women's Shelter

*A Project for Third Grade And Up*

This is a great opportunity to have young ones help with making dinner! Make dinner for seven women residing at one of our emergency shelters in Escondido. Parents and kids cook a well-balanced meal, and then bring the meal to the shelter that night. Take the opportunity to learn cooking while helping vulnerable women in our community.

## Write your Local Political Leaders

### *A Project for Third Grade And Up*

Advocate for families and individuals struggling with poverty by writing your local political leaders and encouraging them to endorse and support legislation and programs that provide assistance and services for those in need in our community, such a promotion of child nutrition programs, food stamps, and government support of local food bank organizations. To learn more about topics that affect the lower, working class, contact Jerry Morgan, Interfaith's Director of Basic Needs at (760) 489-6380 ext. 236.

### United States Senate Representatives

Senator Barbara Boxer  
600 B Street, Suite 2240  
San Diego, CA 92101

Senator Dianne Feinstein  
750 B Street, Suite 1030  
San Diego, CA 92101

### California State Senate Representatives

Senator Mark Wyland  
State Capitol #4066  
Sacramento, CA 95814

Senator Dennis Hollingsworth  
State Capitol #5064  
Sacramento, CA 95814

### California Assembly Representatives

Assemblyman George Plescia  
9909 Mira Mesa Blvd. Ste 130  
San Diego, CA 9213

Assemblyman Martin Garrick  
1910 Palomar Point Way Ste 106  
Carlsbad, CA 92008

Assemblywoman Mimi Walters  
302 North Coast Highway  
Oceanside, CA 92054