

Youth Volunteer Opportunities



Reston Interfaith, Inc.

Did you know that teens volunteer 2.4 billion hours annually?

- Independent Sector/Gallup, 1996

Did you know that 73% of the 60 million American youth believe they can make a difference in their communities?

- Do Something Young People's Involvement Survey /Princeton Survey Research, 1998

Did you know that your peers say the benefits received from volunteering are:

- Developing leadership and future job skills
- Becoming more patient
- Gaining a better understanding of good citizenship
- Learning to respect others
- Learning to be helpful and kind
- Learning to understand people who are different from them

- Independent Sector/Gallup, 1996

What are you waiting for???

Service projects can be big or small, but they always benefit the target community! Choose one of our projects and do your part in making a difference in our community!

**** All youth services projects listed are geared for youth 18 years and younger; the minimum age for onsite projects is 10 and anyone under 16 must be accompanied by an adult ****

- 1. This list includes activities that you can do by yourself in your own home, activities you can do as a group with your friends, religious group, or club at your own location, and activities that you can sign up with Reston Interfaith and show up to participate in**
- 2. Additionally, because our list is not exhaustive and you may have great ideas, we are happy to work with you on community service project ideas that you suggest and want to develop and implement with us for our clients!**

Can youth really make a difference to RI clients?

YES! For example, in just two days, 38 youth from the Children's Friendship Project of Northern Ireland (CFPNI) collected canned goods and stocked the food pantry, prepared bag lunches for the shelter, and prepared and served dinner at the shelter!

An Eagle Scout designed, obtained donations of materials and constructed wooden coat racks that are used to display over 2,000 coats that are distributed to our community each year!

One youth participates with a group from her church in providing childcare for our clients' kids while they attend meetings at our office. This allows the parents to participate in these important meetings and for the children to receive love, attention and safe childcare while the parents are occupied!

Each summer, several youth volunteers serve as summer camp counselors at our daycare center, helping to lead fun and educational activities with the children who attend.

Year Round Activities



Reston Interfaith, Inc.

Year Round Activities	What to Do and How to Participate
<p>Prepare Bag Lunches</p>	<p>Prepare bag lunches</p> <p>Prepare bag lunches that meet our guidelines to feed clients of the Embry Rucker Community Shelter</p> <ol style="list-style-type: none"> 1. Read the Bag Lunch Preparation Guidelines; Obtain these from Judith Eisen 2. Contact Judith Eisen at least one week in advance of desired drop-off date: Judith.Eisen@restoninterfaith.org or 703-481-8276
<p>Cater a Meal at Embry Rucker Community Shelter (ERCS)</p>	<p>Cater a Meal at Embry Rucker Community Shelter (ERCS)</p> <p>Prepare all or part of a meal for 60 residents at the shelter (100 residents November- March) following our guidelines to feed residents</p> <ol style="list-style-type: none"> 1. Read the Meal Preparation Guidelines; Obtain these from Judith Eisen 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to verify the date is available and the menu is acceptable; Judith.Eisen@restoninterfaith.org or 703-481-8276
<p>Prepare Seasonal Decorations for ERCS</p>	<p>Prepare Seasonal Decorations for Embry Rucker Community Shelter</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276
<p>Coordinate a Canned Food Drive or Wish List Drive</p>	<p>Coordinate a Canned Food Drive or Wish List Drive</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need at the Shelter; Judith.Eisen@restoninterfaith.org or 703-481-8276 <p>Or Ellie Moody to find out about the need at the Food Pantry at Ellie.Moody@restoninterfaith.org or 703-787-3115</p>
<p>Participate in Advocacy, Community Education/Outreach, or Political Projects</p>	<p>Participate in Advocacy, Community Education/Outreach, Political Projects</p> <ol style="list-style-type: none"> 1. Learn more about social issues affecting your local community by participating in our youth engagement activities, volunteering to help those in need, and reading local newspapers 2. Talk with your friends and families about issues affecting our local community to increase awareness of needs and brainstorm possible solutions 3. Obtain information from Reston Interfaith and serve as a Community Presentation Leader within your own community! Using materials we have developed, share information about the issues of hunger and homelessness that effect our neighbors throughout Fairfax County! 4. Contact your elected officials to ask them to support families and individuals in need of immediate shelter, long-term affordable housing, emergency food, affordable childcare, and other social services <p>For more information about any of these activities, please contact Judith Eisen at 703-481-8276 or Judith.Eisen@restoninterfaith.org</p>
<p>Design and Create Positive Affirmation Posters</p>	<p>Design and Create Positive Affirmation Posters for Embry Rucker Community Shelter</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need at the Shelter; Judith.Eisen@restoninterfaith.org or 703-481-8276

Common Abbreviations Used in this Document:

Emergency and Self Sufficiency Program - ESSP Reston Interfaith - RI Embry Rucker Community Shelter - ERCS

Suggested Activities

Month	Theme	Holiday or Special Event	What to Do and How to Participate
October	Fall	World Food Day (10/16); National Sandwich Day (11/3)	<p>Prepare bag lunches</p> <p>Prepare bag lunches that meet our guidelines to feed clients of the Embry Rucker Community Shelter</p> <ol style="list-style-type: none"> 1. Read the Bag Lunch Preparation Guidelines 2. Contact Judith Eisen at least one week in advance of desired drop-off date; Judith.Eisen@restoninterfaith.org or 703-481-8276
		Autumn Adventure	<p>Autumn Adventure Activity Leaders</p> <p>Lead a cake-walk, encourage children to decorate Halloween pumpkins or help families navigate a hay maze during this seasonally themed family event where all of the proceeds directly benefit Reston Interfaith programs. Families and youth (at least 14 years old) are welcome.</p> <ol style="list-style-type: none"> 1. Pick a time that works best for you on Saturday, October 21st; choose from the following shifts: 11 am - 3 pm or 2 - 5 pm 2. Sign Up through the Volunteer Fairfax website at http://volunteerfairfax.org/DesktopDefault.aspx?TabID=278 or contact Susan Stolpe at Susan.Stolpe@restoninterfaith.org or 571-323-9569
		Help the Homeless Mini-Walk (10/22/06)	<p>Volunteer or Participate in the Community Walk</p> <p>Show your grass-roots support for over 2,000 men, women and children who are currently experiencing homelessness in Fairfax County! Participate in Reston's own Community Walk for the Homeless! The walk also is an educational opportunity for adults and youth to learn about the problem of homelessness in our community. RI's programs will benefit from all the proceeds of your registration fee as well as sponsorships; \$15 for youth (age 25 and younger) and \$25 for adults.</p> <ol style="list-style-type: none"> 1. Register at http://www.restoninterfaith.org/HelptheHomeless06.html. Receive your t-shirt on the day of the walk if you register by October 10th! On site registration will also be available. 2. Contact Meredith Young, 571-323-5666; Meredith.Young@restoninterfaith.org <p>***Can't attend the walk on the 22nd? Why not organize your own walk with your peers or youth group? Contact Meredith to learn more about organizing your own event***</p>
		Make A Difference Day (10/28/06)	<p>Knitting Circle or Sewing Bee</p> <p>Participate in a Knitting Circle or a Sewing Bee to Make Scarves, Hats, and/or gloves that are in gender-neutral colors and styles for our Winter Coat Closet</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276
		Halloween (10/31)	<p>Halloween Decorations for ERCS</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276



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November	Fall	Great American Smokeout (11/16)	<p>Create Cards or Direct Encouragement for Clients to Quit Smoking; Create Posters to Place at ERCS</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen, Community Resource Coordinator at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276
		Help the Homeless Walk (11/18/06)	<p>Participate in National Mall Walkathon</p> <p>If you can't attend the October 22 community mini-walk, you can still help by walking with thousands of others in our Nation's Capitol at Fannie Mae's Help the Homeless National Mall Walkathon</p> <ol style="list-style-type: none"> 1. Register to walk for <i>ONLY</i> \$25 (25 years and younger - \$15). All proceeds go to Reston Interfaith and will help RI reach our goal of 1,000 walkers this year. Join the RI team by registering online at http://helpthehomeless.kintera.org/faf/search/searchTeamPart.asp?ievent=183110&lis=1&kntae183110=5C922CC6888544BD920925864AE4AD6C&team=1393767 2. Contact Meredith Young for a registration form and more information at 571-323-9566 or Meredith.Young@restoninterfaith.org
		Thanksgiving (11/22/07); National Family Week (11/19-25/06)	<p>Create Thanksgiving Cards</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276
			<p>Put together Food Baskets or Organize Food Basket Donations</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Meredith Young for more information about putting together food baskets or volunteering for the event at 571-323-9566 or Meredith.Young@restoninterfaith.org
			<p>Collect Donations for Winter Coat Closet</p> <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Susan Stolpe to obtain flyer and for more information about donating coats or volunteering at 571-323-9569 or Susan.Stolpe@restoninterfaith.org





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December	Winter Holidays	Hanukkah (12/16-12/24); Winter Solstice (12/21); Christmas (12/25); Kwanzaa (12/26-1/1)	Create Holiday Cards <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Meredith Young for more information and to sign up to create cards at 571-323-9566 or Meredith.Young@restoninterfaith.org
		Reston Interfaith Adopt-a-Family Drive	Purchase Teen-to-Teen Holiday Gifts <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Meredith Young for more information and to sign up to participate at 571-323-9566 or Meredith.Young@restoninterfaith.org
			Organize Gift Donations <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Susan Stolpe to receive a detailed description of this activity at 571-323-9569 or Susan.Stolpe@restoninterfaith.org
January	Let it Snow/ Winter	New Year's Day (1/1)	Make a New Year's Resolution to Volunteer <ol style="list-style-type: none"> 1. Encourage your friends and family members to choose volunteer opportunities with you this year! Call the appropriate person listed to get involved with desired service project from this list of activities 2. Attend a Reston Interfaith Volunteer Orientation; Check the website at www.restoninterfaith.org to find out about opportunities and orientations
			Create Winter-Themed Decorations for ERCS <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen two weeks in advance of desired drop-off date to find out about the need; Judith.Eisen@restoninterfaith.org or 703-481-8276
		Martin Luther King Jr. Day of Service (1/15/07)	Reston Community Center Celebration <ol style="list-style-type: none"> 1. Visit the Reston Community Center Website to find out about their Martin Luther King Jr. Day of Service http://www.restoncommunitycenter.com 2. Contact the appropriate person from the website to get involved
		National Soup Month	Prepare and Deliver Healthy Soup for ERCS <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at least two weeks in advance of desired drop-off date to find out more about the specific need and to get the food preparation guidelines; Judith.Eisen@restoninterfaith.org or 703-481-8276
		Hold Canned Soup Drive <ol style="list-style-type: none"> 1. Choose whether to do this on your own, with friends and/or family, or a civic, religious or school group 2. Contact Judith Eisen at ERCS at least two weeks in advance of desired drop-off date to find out more about the specific need; Judith.Eisen@restoninterfaith.org or 703-481-8276 <p>Or Ellie Moody at the Food Pantry at 703-787-3115 or Ellie.Moody@restoninterfaith.org</p>	