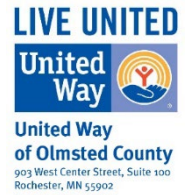


VARSITY LETTER IN COMMUNITY SERVICE

VOLUNTEER REQUIREMENTS

2023/2024 School Year






Required Volunteer Time

The Varsity Letter in Community Service Program recognizes students that volunteer 100 hours in one school year (served between 3/01/23 and 2/29/24). *With 52 weeks in a year, that is equivalent to about 2 hours per week.*

Qualifying Volunteer Activities

United Way’s mission is to unite people and resources to improve people’s lives in our community. We fight for the education, health, and financial stability of every individual, and encourage students to volunteer in those three community impact areas.

The following opportunities are **examples** that qualify for Varsity Letter in Community Service. You may also use [Get Connected](#), United Way of Olmsted’s online volunteer portal, to find local opportunities!

Type of Volunteerism	 Education	 Health	 Financial Stability
<p>GENERAL examples</p> <p><i>What general types of volunteer activities are accepted?</i></p> <p><i>How can I help fight for education, health, and financial stability?</i></p>	<ul style="list-style-type: none"> - Tutor/mentor - Teach a language - Assist a teacher - Teach a form of art - Share your musical talent - Volunteer at your local library - Participate in a community service club - Donate activity kits with books, games, etc. 	<ul style="list-style-type: none"> - Play games at a nursing home facility - Volunteer as a coach - Volunteer at a medical center - Pick up litter - Community garden - Be a pen pal - Help the volunteer firefighter department - Volunteer at a local farmers market 	<ul style="list-style-type: none"> - Support those with disabilities to live independently - Help at a food bank - Snow removal or yardwork for seniors - Help with a collection drive/fundraising event - Serve a community meal - Sew blankets, pillows, etc. to donate
<p>SPECIFIC examples</p> <p><i>What specific programs are available to volunteer with in Olmsted County?</i></p> <p><i>What local programs support education, health, and financial stability?</i></p>	<ul style="list-style-type: none"> - Living Room Tutors - Key Club or National Honors Society community service - FFA, 4-H, Girl/Boy Scouts community service - YMCA or other after-school youth programs - Stewartville Sportman’s Club - Sing or perform at a local nursing home 	<ul style="list-style-type: none"> - RNeighbors “A Litter Bit Better” annual event - Adopt-A-Spot (rivers, highways, etc.) with Public Works - Special Olympics MN coach or volunteer - Rochester Farmers Market - Revolutionary Earth Farm - American Red Cross - Stewartville Volunteer Fire Department 	<ul style="list-style-type: none"> - Step up to SIT - Local food shelf - Family Service Rochester’s “Neighbors Helping Neighbors” - Channel One Regional Food Bank - Donate blankets or sewn items to Olmsted Medical Center or Project Linus of SE MN - Kiwanis or Lions Club fundraising events

What if my volunteer activity doesn’t fit in the categories of health, education, or financial stability?

United Way of Olmsted County **encourages** volunteer opportunities in these specific areas of community impact. However, there are many local nonprofits within different areas. **Example** opportunities that would fall in the “**Other**” category include animal shelters, arts/humanities, business leagues, churches/religious organizations, and social/recreation clubs with 501(c)(3) status. Please check the appropriate box on your verification form.

If you are unsure whether a certain activity meets the volunteer requirements, please contact Sonja via email sonjas@uwolmsted.org or by phone (507) 535-5509 to verify *before you start*.