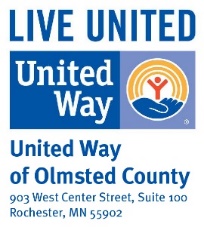
****VARSITY LETTER IN COMMUNITY SERVICE

VOLUNTEER REQUIREMENTS & RESOURCES

**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 03/01/2023-2/29/2023). *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.

**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](mailto:sonjas@uwolmsted.org) or by phone (507) 535-5509 to verify *before you start*.

The following opportunities are *examples* of activities and opportunities that qualify for Varsity Letter in Community Service volunteer time. You may also use [Get Connected](http://volunteer.uwolmsted.org/), United Way of Olmsted County’s online volunteer portal, to find local volunteer opportunities and needs!

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| **Type of Volunteerism** | A blue graduation cap with a white dot  Description automatically generated**Education** | A heart with a pulse line  Description automatically generated**Health** | A brick wall with a trowel  Description automatically generated**Financial Stability** |
| **GENERAL examples**  *What general types of volunteer activities are accepted?*  *How can I help fight for education, health, and financial stability?* | - Tutor/mentor/assist a teacher  - Teach a language, an art, or another educational activity  - Share your musical talent  - Local library volunteer  - Participate in a community service club  - Donate activity kits with books, games, etc.  -Visit a children’s organization to read, dance, sing, color, puzzle, etc.  -Volunteer at an event  -Provide social media or IT support to a nonprofit org  -Youth after-school programs | - Offer companionship to someone in assisted living or become a pen pal  - Play games, cards or puzzle at a nursing home facility  - Pick up litter or support a local public works effort  - Volunteer as a coach or at a local sporting event  - Volunteer at a medical center  - Volunteer with a local farmers market or community garden  - Help a local volunteer firefighter department  - Personal hygiene collection drive | - Help at a food bank, food shelf, or with meal/s for a family in need  - Support those with disabilities to live independently  - Snow removal, yardwork, painting, moving/packing, home projects and/or other household chores for seniors or disabled individuals  - Serve a community meal  - Sew blankets, pillows, etc. to donate  - Host or help with a collection drive/fundraising event or organize one! |
| **SPECIFIC examples**  *What specific programs are available to volunteer with in Olmsted County?*  *What local programs support education, health, and financial stability?* | - [Living Room Tutors](https://livingroomtutors.org/) (virtual)  - [YMCA](https://rochesterymca.org/volunteer/): Camp Leadership or Camp Oxbow (zoo trips, archery, building camp fires, tie dye, crafts, etc.)  -Community Service Clubs: Key Club, National Honors Society, FFA, 4-H, Girl/Boy Scouts, etc.  - [Stewartville Sportman’s Club](https://www.stewartvillesportsmansclub.com/)  - Sing, dance or perform at a local nursing home  - [MagiKids by Weirdcards](https://magikids.org/volunteer-opportunities/): teach the game, start a club or organize a card drive  - [Brighter Tomorrows](https://brightertomorrowshope.org/support-us/volunteer/): activities with kids, talk-time with teens  - Read to children at a United Way of Olmsted County event  - [History Center](https://www.olmstedhistory.com/volunteer): outdoor work, admin tasks & special events | - [Elder Network](https://www.elder-network.org/) or [Hiawatha Homes](https://hiawathahomes.org/)  - RNeighbors annual: “[A Litter Bit Better](https://www.rneighbors.org/rneighbors-events/litterbit-better/)”  - [Adopt-A-Spot](https://www.rochestermn.gov/government/departments/public-works/stormwater-management/clean-water-actions/adoptaspot), (or a drain, stormwater pond, river, or highway) with your city Public Works  - Participate in [Volunteer Water Monitoring](https://www.pca.state.mn.us/get-engaged/volunteer-water-monitoring) of Minnesota lakes & streams  - [Special Olympics MN](https://specialolympicsminnesota.org/get-involved/volunteers/#:~:text=Ages%2012%2D14&text=Please%20notify%20volunteers%40somn.org,is%2012%2D14%20years%20old.) coach or volunteer  - [Limb Lab’s](https://limblab.com/benefactor/) annual golf tournament  - [Rochester Farmers Market](https://www.rochfarmmkt.org/volunteer)  - [American Red Cross](https://www.redcross.org/volunteer/become-a-volunteer.html)  - [Stewartville Volunteer Fire Department](https://stewartvillemn.com/services/city-departments/fire-department/)  - [EA Therapeutic Health](https://chooseea.org/volunteer/): explore the medical field through volunteering with a class or skills bootcamp | - [Local food shelf](https://www.freefood.org/c/mn-rochester) or [Channel One Regional Food Bank](https://www.helpingfeedpeople.org/volunteer/)  - [Salvation Army](https://volunteer.uwolmsted.org/agency/detail/?agency_id=22048): Resource room or food shelf attendant  - Family Service Rochester’s “[Neighbors Helping Neighbors](https://familyservicerochester.org/Volunteering)”  - [Project Linus](http://www.projectlinusrochmn.org/), [Bundles of Love](https://www.bundlesoflove.org/volunteer), or [Olmsted Medical Center](http://volunteer.uwolmsted.org/need/detail/?need_id=87171): Craft, cut, crochet, sew, knit, iron, assemble or deliver infant essentials and/or materials; organize a collection  [Habitat for Humanity](https://www.tworivershabitat.org/volunteer-two-rivers): Volunteer at a Build Site or ReStore (retail)  - Kiwanis, Exchange, or Lions Club fundraising events  - In-Kind donation drive/s for [Elder Network](https://volunteer.uwolmsted.org/need/detail/?need_id=638261), [The Landing](https://volunteer.uwolmsted.org/need/detail/?need_id=516147), [Family Promise](https://volunteer.uwolmsted.org/need/detail/?need_id=809963), or [Ronald McDonald House](https://volunteer.uwolmsted.org/need/detail/?need_id=513498) |