



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

October & November 2026



Houses into Homes

Delivery Day Volunteers Needed

Sunday, October 4th 9:00am-1:00pm

25 Volunteers are needed to assist with furniture deliveries on Sunday morning, October 4th.

Large groups can volunteer through this link and complete the information at the bottom of the form: <https://www.housesintohomes.org/volunteergroups>

Individuals or smaller groups can sign-up as an HIH Volunteer and select the October 4th Delivery Day shift: <https://www.housesintohomes.org/volunteer>



Coralville Community Food Pantry Blood Drive

Thursday, October 8th 10:00am-1:00pm

804 13th Ave

Coralville Community Food Pantry

Thursday, October 8

10:00 am - 1:00 pm

Donor Bus - Coralville Community Food Pantry

To book an appointment, scan the QR code or call ImpactLife at 800-747-5401.

ImpactLife is a proud partner of the following hospitals:

such as Iowa City VA Medical Center, Grady and University of Iowa Hospitals & Clinics.

Last Date to Donate Donor: 10/15/25 Group Code: 9249



The Coralville Community Food Pantry is partnering with Impact Life for a blood drive. Use the sign up link below to donate to a good cause!

https://login.bloodcenter.org/donor/schedules/drive_schedule/150288



Winter Weather Wear Distribution

The River Community Church, 3001 Muscatine Ave.

Volunteers Needed – October 11–17

Temperatures will be dropping soon, so let's help ensure everyone in our community has the proper outerwear this season. The Winter Weather Wear Distribution is an effort that provides essential winter gear for families in need, but it can only run smoothly with the help of dedicated volunteers.

Volunteers are needed to help with **set-up, sorting donations, assisting families, restocking, and tear down**. People with language skills in **Spanish, French, or Arabic** are especially welcome!

To sign up for a volunteer shift, use this link:

<https://www.signupgenius.com/go/30E0B49A9AE2FA20-65187518-warm#/>

Contact: T'Shailyn Harrington (tharrington@iowa-city.org)



Mosaic Iowa City (formerly Ten Thousand Villages)

10th Annual Rug Event Fundraiser October 14-18

Mosaic - 109 S Dubuque St, Iowa City, IA 52240

Mosaic partners with Bunyaad, a job creation program for rug artisans in Pakistan. Bunyaad brings 300+ heirloom quality, handwoven rugs to sell. 50% of the proceeds go to the artisans, 25% goes to Mosaic and 25% goes to Bunyaad to fund the program.

Volunteers are needed to flip rugs weighing over 50 lbs (with a partner) to show the rugs to customers. 10' x 14' rugs are piled on a pallet in the downtown Iowa City store and will be shown to interested customers. Volunteers get a 10% discount on rugs.

Shifts are one hour long:

Wednesday October 14th - Saturday, October 17 10 am - 7pm.

Sunday, October 18th 10 am - 5pm.

If you are interested in volunteering, call: (319) 519-2104

Contacts: Liz Preciado Genell and Deb Manning



Run for the Schools

Volunteers Needed October 17-18

Iowa City Road Races will hold its annual **Run for the Schools on Sunday, October 18**. This family-friendly race brings our community together to support our schools, with all proceeds benefiting the ICCSD and Regina Catholic Schools. To make the event a success, volunteers are needed on Saturday, October 17 and Sunday, October 18. Volunteer opportunities include helping with packet and T-shirt pick-up, as well as serving as course volunteers directing foot and vehicle traffic on race day.

More information and the volunteer sign-up are available here: <https://runsignup.com/Race/Volunteer/IA/IowaCity/RunfortheSchools>



Iowa City Book Festival

Volunteers Needed October 24th and 25th

The 2026 Iowa City Book Festival, Oct. 18-25, features author readings, a book fair, panel discussions, and many other presentations. Nearly all of the events are free and open to the public. Volunteers help keep community festivals free and accessible to everyone.

To learn more and see available shifts, use this link:
https://volunteer.unitedwayjwc.org/aem/general/event/?doc_id=6763



Shelter House Annual Soup Luncheon

Monday, November 16th 11am-1pm

Gloria Dei Lutheran Church

Shelter House is kicking off National Hunger and Homelessness Awareness Week this November by holding their annual Soup Luncheon. Shelter House is looking for help with set up and tear down, serving soup, and handing out drinks and desserts.

Volunteer for Soup Luncheon: <https://bit.ly/souphhaw26>

Contact: brett.mccartt@shelterhouseiowa.org



DVIP/RVAP Multiple Volunteer Opportunities

DVIP/RVAP is preparing for Domestic Violence Awareness Month (DVAM) and there are lots of volunteer opportunities! Please checkout the following signup options!

DVAM Volunteer Signup

Multiple opportunities to show up in public & support DV/SA advocacy!

Shop for Safety Johnson County: Sat 10/17 9a-5p (various timeslots available)

This one day event collects 6 months worth of food & personal supplies for victim-survivors in Johnson County! You can help hand out shopping lists, put up posters, drive donations to DVIP/RVAP campus, or help organize donations as they come in!

Shop for Safety Regional/Southern Counties: Fri 10/9 3:30p-6:30p events in 7 counties!

You can help hand out shopping lists, put up posters, drive donations to DVIP/RVAP campus, or help organize donations as they come in!

Clothesline Projects: (JoCo & Regional/Southern dates/times)

This event aims to increase awareness of the prevalence of violence in our community by decorating and displaying tshirts made by or about victim-survivors. If you have never experienced a Clothesline Project, it is highly recommend you consider attending this high-impact visually stunning display of support.

Contact: communityengagement@dviapiowa.org. Thank you for supporting victim-survivors in our community. This vital work is not possible without volunteers like you!



The Optimist Club Christmas Tree Sale November 22nd – December 13th Volunteer and Spread Holiday Cheer!!

The Optimist Club of Iowa City's Christmas Tree Sale has been a beloved holiday tradition for decades, raising funds that support local youth programs and organizations throughout our community.

They need your help to make this year's sale a success! Volunteer for a shift, enjoy the festive atmosphere, and be part of a tradition that brings joy to families while making a meaningful impact for local kids.

Available volunteer opportunities and sign up:

<https://www.signupgenius.com/go/8050E48A5AC23A0F58-66343568-2026#/>



The Bird House – Hospice Home of Johnson County Holiday Lights at the Lake West Overlook Campground

Join in the fun at the sixth annual Holiday Lights at the Lake drive-thru light display!!

Display Build and Event Set-up Volunteers

Volunteers are needed to help build the displays Oct 27-31 and decorate and build out the event space Nov 1, 7 and 8.

Display build and event set-up information and sign-up:

<https://www.signupgenius.com/go/60B044BAAAB2BA7F58-65678774-holiday#/>

Nightly Volunteers 11/25-12/31

Volunteers are needed nightly to assist with a variety of duties such as counting cars, helping with campground traffic, scanning and selling tickets, handing out brochures and candy canes, monitoring the exit and assisting with the flow of traffic outside the campground. Great for individuals and group volunteers.

Nightly volunteer information and sign-up:

<https://www.signupgenius.com/go/60B044BAAAB2BA7F58-65716474-holiday#/>



Free Lunch Program – Treasurer Opening

The Free Lunch Program is seeking a Treasurer to join its Board of Directors. The Treasurer serves as the board's lead financial overseer, reviewing financial reports, assisting with budget development, overseeing tax filings and accounting processes, and helping manage the organization's financial accounts and expenditures.

The Treasurer is a voting board member and part of the Executive Committee. Board members are expected to attend quarterly meetings, serve on a committee, and make an annual contribution according to their means.

For more information, contact: Laura Hunter at icfreelunch@gmail.com or 319-337-6283.



**Ecumenical Towers
Bingo Caller Volunteers
320 E Washington St. Iowa City**

Ecumenical Towers is looking for volunteers to help call Bingo numbers for their monthly Bingo activity for their residents. It would be once a month for an hour. The date and time of day can be flexible.

If you are intereted, contact: Stacey Clennon at 319-887-2796



Volunteer Income Tax Assistance (VITA) is a national IRS sponsored program that provides free tax preparation of federal and state tax returns for low income households

Volunteers are critical to the success of the VITA program. VITA volunteers help complete and file tax returns for those who have a limited income. On average, it costs a taxpayer nearly \$300 to have taxes done. This money can instead be used for basic needs such as groceries and rent.

Volunteer opportunities include Greeters and Tax Preparers and shifts are flexible January through mid-April. No tax experience is required. Online training sessions are provided and required.

For more information or to register to volunteer, access this link:
<https://johnsoncountyiowa.gov/become-vita-volunteer>.



**Cycling Without Age
Volunteer Treasurer Position**

Cycling Without Age - Johnson County is a growing, all-volunteer organization dedicated to bringing the joy of cycling to those who cannot ride a bike independently due to age or disability. In partnership with the Iowa City Bike Library, Inc., they are currently seeking a volunteer treasurer to join their steering committee. The ideal candidate is enthused about the mission, and has the necessary experience and skills. This is a strategic position as the Bike Library book keeper manages the day to day finances.

If you are interested, send a brief summary of your background and relevant experience to cyclingwithoutage.jc@gmail.com

For more information visit <https://icbikelibrary.org/cycling-without-age>



The Salvation Army
Food Shelf & Dinner Service Volunteers
1116 Gilbert Ct. Iowa City, IA 52240

Food Shelf Volunteers:

- Help clients shop the food pantry
- Organize food items
- Track household sizes
- Manage capacity and entry flow

Days/Times: Mondays and Wednesdays 12:45-2:15pm

Dinner Service Volunteers:

- Assist with meal prep and serving
- Prepare to-go meals
- Support kitchen and dining room operations
- Handle light cleaning tasks.

Days/Times: Monday-Friday 4:30-6:30pm

Contact: Grace Broderick at Grace.Broderick@usc.salvationarmy.org



Ronald McDonald House
Weekly Scheduled Volunteers

Weekly scheduled volunteers assist with miscellaneous duties to keep the House a clean, welcoming environment. There are three different positions to choose from:

- Front Desk Volunteers
- Kitchen Volunteers
- In-House Volunteers

Online application: <https://rmhc-eiwi.org/volunteer-application/>



Mark Twain Lucas Farms Food Pantry at Faith UCC
1609 Deforest Ave., Iowa City

- **2nd & 4th Wednesday 2:00pm-6:00**
- **2nd & 4th Tuesday late morning to unload the food truck**

Volunteers are needed to assist in serving an increasing number of families. Interpreters are also needed.

Volunteers welcome and assist guests, help carry groceries for shoppers, and restock shelves with available items.

For questions or more information, contact Faith UCC by phone or e-mail:

Faith UCC: 319-338-5238 or faithucc2014@gmail.com or 57czahradnek@gmail.com



Houses into Homes Individual Volunteer Opportunities

Houses into Homes provides gently used beds, furniture, and household items for families and individuals in Johnson County who are exiting homelessness, domestic violence, and other crisis situations.

This work is only possible with the support and service of community members!! Volunteers are needed for furniture deliveries as well as a variety of tasks in the warehouse.

Volunteer Opportunities: <https://www.housesintohomes.org/volunteer>



Shelter House - Individual Volunteer Opportunities

Shifts are flexible to volunteer schedules

Volunteers are needed to help with the following:

- Receiving and sorting community donations
- Fulfilling client donation requests and assisting the front desk as needed
- Assisting in the Resource Center to help clients use computers to apply for jobs, create resumes, apply for housing, etc.

Visit <https://shelterhouseiowa.org/volunteer/> for more information and to fill out a volunteer application today!

Contact: brett.mccartt@shelterhouseiowa.org



Iowa Valley Habitat for Humanity

ReStore Volunteers Needed - Help ReStore Sort Cans!

Volunteer shifts available Tuesday & Friday each week

9:30am-1:00pm & 1:00pm-5:00pm

Iowa City ReStore is looking for additional ReStore volunteers to help with sorting cans. When volunteers fill up a truckload of cans, IVHFH receives roughly \$1,000 that helps fund our mission. Volunteers will help ReStore staff sort through cans and put them into the correct bundles before loading them into one of the ReStore trucks.

Age Restrictions: All volunteers must be at least 14 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian.

Sign up here: <https://www.iowacityrestore.com/volunteer.html>

For questions or more information please contact:

Sammi DeNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org



Iowa City Free Medical & Dental Clinic Volunteers Needed Variety of Volunteer Positions

The Iowa City Free Medical & Dental Clinic is looking for a variety of volunteers:

- Reception
- Clinic Assistant
- Patient Guides
- Interpreters
- Phlebotomist/Laboratory
- Pharmacy

Apply online at: <http://freemedicalclinic.org/give-time/>

For questions or further information e-mail: volunteer@freemedicalclinic.org



Agape Café

Meal Prep Tuesday Afternoons 12:45pm-3:00pm

Breakfast Service Wednesday Mornings 7:00am-11:00am

26 East Market Street at Old Brick Church, Iowa City

Agape Café serves a free, hot breakfast each Wednesday for neighbors experiencing homelessness and food insecurity. Breakfast is available for dine-in or to-go service.

Volunteers are needed to assist with Tuesday afternoon meal preparation and dining room set-up, as well as Wednesday morning breakfast service. Volunteer opportunities include food preparation, serving guests, dishwashing, food service assistance, and clean-up/breakdown activities.

Flexibility with volunteer hours is available. Signup:

<https://www.signupgenius.com/go/10C094DA5AD2CA5FACF8-60021700-2026#/>

Contact: Jenny Britton - 319-400-4879 or agapebreakfast@gmail.com



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop

Be part of the award-winning retail team at Crowded Closet Thrift Shop where we strive to provide excellent customer service to our guests. Retail service is a fun way to serve! We have several exciting retail positions awaiting new volunteers! This is a great opportunity for individuals to gain skills, build their resumes, engage with their community, stay active, and to make a difference locally and globally!

Crowded Closet Thrift Shop receives donated items and sells them locally to support relief, development, and peacebuilding around the world and in our local community.

Volunteer application: <https://www.crowdedcloset.org/volunteer.html> or

Email: crowdedcloset.volunteer@gmail.com

The Johnson County Meals on Wheels program is looking for additional drivers to bring nutritious food and friendly check-ins to neighbors who need them most. Meal delivery takes place Monday-Friday with pick up around 10:30am. There are typically 4 routes that are open daily. Meal pickup is at Meals on Wheels Coralville office, 2210 9th St. Coralville, IA 52241. Volunteers will need to complete a short application, background check, and a couple of short videos before starting.

To volunteer, call Cara Brady, Volunteer Coordinator for Meals on Wheels at 319-375-3160. Or you can sign up online at horizonsfamily.org

Community Crisis Services and Food Bank **Individual Volunteer Opportunities**



CommUnity is in need of volunteers for delivery services, pantry preparation, and mobile food preparation

Grocery Delivery:

- Monday-Friday 1:00-3:00pm
- Pick up prepared deliveries at CommUnity and deliver food to local households using your personal vehicle

Staple Bag & Delivery Preparation:

- Monday-Friday, 11:00am-2:00pm
- Help prepare grocery deliveries and staple bags for distribution

Mobile Pantry Helper:

- Tuesdays, Wednesdays, and Thursdays
- Most shifts are 4:00pm-5:30pm (varies by location)
- Assist with food distribution at mobile pantry sites throughout Iowa City

Sign Up: <https://volunteer.bloomerang.co/volunteer/#/join-party?k=20gtucd6didsim>

Contact: Krystal Kabela: krystal.kabela@builtbycommunity.org



Ronald McDonald House Volunteer Opportunities

Stock the Freezer with Love:

Stock the Freezer with Love helps ensure families staying at the Ronald McDonald House always have a warm, comforting meal waiting for them. Volunteers use our commercial kitchen to cook freezer-friendly favorites—from hearty entrées and sides to sweet treats—that our kitchen team can serve on evenings when a volunteer meal group isn't scheduled.

If you are interested, please use the following link:

<https://www.signupgenius.com/go/10C0A4BABA72AA2F4C70-64638769-casserole#/>

Prepare a Meal at Ronald McDonald House of Iowa City:

Gather your group and make a difference for families staying at the Ronald McDonald House in Iowa City! Volunteers prepare and serve dinner for approximately 50 guests, providing a warm, home-cooked meal after a long day at the hospital. Groups of up to 8 volunteers are welcome, and all food is prepared on-site in our kitchen.

If you are interested, please use the following link:

<https://www.signupgenius.com/go/10C0A4BABA72AA2F4C70-64636381-make#/>



**4C's of Johnson County
Individual Volunteer Opportunity
1500 Sycamore St, Iowa City, IA 52240
Shifts available M-F 9am-4:30pm**

4C's is looking for volunteers to help remove old office furniture, scan items into folders, and separate documents into shred/no shred sections.

To sign up: Call 319-338-7684 or email Terrie at terrie@iowa4cs.com



Historical Secrest 1883 Octagonal Barn

Barn Restoration Volunteers

Johnson County, 5750 Osage St SE, West Liberty, IA 52776

Volunteer dates and times are flexible. Individual and Group Volunteers are needed to assist with cleaning, repairing, and painting the Historic Secrest 1883 Octagonal Barn.

Contact Richard Tyler at: rich-tyler@uiowa.edu



Iowa Valley Habitat for Humanity
Construction Volunteers Needed – Iowa City
Volunteer shifts available Thursday-Saturday every week
8:00am-12:00pm & 1:00pm-5:00pm

Iowa Valley Habitat for Humanity is looking for additional construction volunteers to help with three current home builds in the Iowa City area.

Volunteers will help construction staff through the entire home building process. No prior experience or knowledge is required! Volunteers are trained and provided with all the tools needed to accomplish the tasks at hand.

Age Restrictions: All volunteers must be at least 16 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian. Minor volunteers also have slight restrictions regarding the jobs they can help with. If a volunteer is under 18, it is best to contact the Volunteer Coordinator in advance.

Sign up here: https://build.iowavalleyhabitat.org/volunteer_calendar

Contact: Sammi DeNeui sammi@iowavalleyhabitat.org



UNITED WAY

Johnson and
Washington Counties

United Way of Johnson & Washington Counties
Office Volunteers

The United Way of Johnson & Washington Counties is looking for office volunteers to assist with office needs and various projects. Tasks such as reception, donation counting and sorting, mailing projects, inventory of community impact items, organizing, etc.

Volunteer time would typically be during business hours Monday-Friday. Flexible scheduling based upon project needs and volunteer availability.

If you are interested in learning more about volunteering at the United Way office, please contact Wendy Nolan: wendy.nolan@unitedwayjwc.org or 319-338-7823

For information on other volunteer opportunities:

United Way Volunteer Center

<https://www.unitedwayjwc.org/volunteer-center>

319-337-8657 or email: vols@unitedwayjwc.org

Wendy Nolan

Volunteer and Community Engagement Manager

United Way of Johnson & Washington Counties

(319) 338-7823 wendy.nolan@unitedwayjwc.org

