



United Way
Alberta Capital Region

DAY OF CARING GUIDE

Volunteer with purpose



GIVING BACK — TOGETHER



At United Way of the Alberta Capital Region, we make it easy for workplaces, schools, and community groups to create real impact — right where they live. Days of Caring are a hands-on, high-impact way to give back, rally your team, and help individuals and families across the region.

From food preparation to event support, your Day of Caring will support a local agency partner actively serving people in need. And we'll be there to guide you every step of the way — from helping you select a volunteer activity to align with your group's goals and timelines to matching you with the right agency partner.

Together, we can make sure no one in our community is left behind.



Day of Caring Opportunities

United Way’s Days of Caring projects fall into four main categories. Each one represents a vital way to support community well-being.

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FOOD PREPARATION & SERVICE

THE NEED

Food insecurity affects thousands of people across our region. Rising costs and limited access to nutritious food make daily meals a struggle for many families. By supporting local meal programs and food banks, volunteers help ensure that no one in our community goes hungry.

WHAT VOLUNTEERS MIGHT DO

- Prepare ingredients, cook meals, or assemble meal kits.
- Serve meals in community kitchens or shelters.
- Package and distribute food hampers or snack bags.
- Assist with cleanup and food organization.

To book a Day of Caring, please email servicehub@myunitedway.ca or call 780-990-1000



DONATION SORTING

THE NEED

Many families in our region face financial hardship and lack access to basic necessities such as clothing and household items. Sorting, organizing, and preparing donated goods ensures that items get to people quickly, safely, and with dignity.

WHAT VOLUNTEERS MIGHT DO

- Sort and organize donated clothing, linens, or items by size, type, or season.
- Prepare hygiene or winter care kits.
- Assist in setting up or running a community collection drive event.

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EVENT SUPPORT



THE NEED

Events such as neighbourhood gatherings, community dinners, and resource drives play a vital role in strengthening community connections. These free or low-cost events bring people together — helping neighbours meet, families make memories, and communities thrive. By lending their time and energy, volunteers make it possible for these events to run smoothly and reach more people.

WHAT VOLUNTEERS MIGHT DO

- Assist with event setup and teardown.
- Greet attendees and participants and provide information.
- Support registration, logistics, or activity stations.
- Hand out resources, materials, or refreshments.

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COMMUNITY WORK BEE



THE NEED

Many non-profit agencies and community centres operate with limited staff and budgets, leaving little capacity for maintenance or beautification projects. From shelter accommodations to playgrounds, volunteers help to create and maintain safe, welcoming, and functional spaces for community members.

WHAT VOLUNTEERS MIGHT DO

- Organize, refresh, or upgrade indoor community spaces.
- Landscape, garden, or clean up outdoor spaces.
- Perform minor repairs or maintenance tasks.

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NEED HELP? WE'VE GOT YOU.

Every Day of Caring is a step toward a stronger, more connected Alberta Capital Region.

When we roll up our sleeves, we build more than meals, events, or clean spaces — we create belonging and resilience.

 Email: servicehub@myunitedway.ca

 Call: 780-990-1000

Together, we create change.

myunitedway.ca

 **DO LOCAL GOOD**



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