

**WANT TO HELP OTHERS?
THEN COME AND BE A PART OF OUR CHARITY PROJECT!**



Project Open Hand
meals with love

About Company:

Project Open Hand is a Non-Profit organization that provides meals with love to seniors and the critically ill.

1. Volunteer Program (work In grocery center)

You will sort and pack food or help clients get their weekly groceries. Candidates must have TB Skin Test.

Specific Duties

- Assemble pre-packaged grocery bags.
- Shop for clients' chosen items.
- Package bulk items into easier-to-serve portions.
- Sort fresh produce.
- Stock perishable items in the refrigerator and/or freezer.

Qualification

- Volunteer must be at least fifteen (15) years of age.
- Volunteer must be able to lift at least 20 lbs.
- Volunteer must demonstrate the ability to work with others.
- Volunteer must show proof of a negative Tuberculosis screening.
- Volunteer must be willing to commit to six (6) months.

2. Donation (food donation)

Our clients rely on us on healthy diet to assist them in the recovery of their specific illness. Below list of accepted food.'

Food List

- Canned Tuna
- Canned Chicken
- Natural Peanut Butter
- Almond Butter
- Whole Wheat/ Whole Grain Pasta
- Legumes

**If interested to participate or donate.
Please contact Ana Maria Gower**

Location: 4th floor (Room 408)

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Company website: www.openhand.org