

Good Intentions to Good Impact

GoochlandCares relies on 200 regular volunteers every month. Here are ways to get involved:

	Project	Weekdays	Weekends	Flexible	Family Friendly
Clothes Closet Bin Pick-up	Pick-up donations from bins located throughout the county and bring to the Clothes Closet.	Yes	Yes	Yes	Yes
Sort and Stock Donations	Sort and stock donations in the Clothes Closet or Food Pantry.	Current need: Monday-Friday 3 hour shifts		Yes	
Food Couriers	Pick-up donations from grocery stores	Yes	Yes		Varies
Tuesday Night Volunteer Meals	Make a meal (e.g. sandwiches, chili, pizza) for volunteers who come from work to see patients on Tuesday evening.	Tuesday			Yes
Paper Bag/Reusable Bag Drive	Collect new or gently used paper bags or reusable bags	Yes	Yes	Yes	Yes
Hygiene Kits	Make hygiene kits: dental (tooth paste, tooth brush, floss) or medical (hand sanitizer, tissues, soap)	Yes	Yes	Yes	Yes
Landscape Maintenance	Clear landscape beds of trash and weeds	Yes	Yes	Yes	Yes
Food Drive/Clothing Drive	Collect food and/or clothes; most needed items are listed on FB	Yes	Yes	Yes	Yes

Our mission is to provide health care and basic human services to Goochland residents in need.