



# Volunteers of America, Utah

40 Years of Impact: Volunteers are the Heartbeat of Our Mission



2026



## Volunteer Opportunities at VOA Utah

Volunteers are at the core of everything we do. Whether you're an individual with a few hours to spend or a corporate team looking to give back, your time provides the support, stability and dignity our community needs to thrive. Join us in making a lasting impact across the Salt Lake Valley.

### Meal Service: Nourishing Our Neighbors

Food is often the first step toward stability. We serve three meals a day, 365 days a year, at three unique kitchens, each tailored to the specific needs of the clients we serve.

- Requirements: Volunteers must be 16+, sign two waivers, and follow basic food safety guidelines while supported by our trained kitchen staff.
- Prep and Serve: Join our culinary teams in two-hour blocks to prep and serve hot meals to 50–240 clients, depending on location.

### Donation Sorting: Turning Kindness into Order

If you prefer a behind-the-scenes role, help us manage the high volume of community generosity. You'll sort clothing, organize hygiene supplies, and keep essential bins stocked. This active role is perfect for groups of eight or fewer, and volunteers as young as 8 are welcome.

### Become a Mentor: Change a Life

For those looking to build deeper connections, our Amplified Mentoring Program (AMP) pairs adults with youth ages 10–17. By committing 6–8 hours a month, you help a young person navigate life's challenges and build self-sufficiency.

### Flexible Support: Give from Anywhere

Can't make it on-site? You can still drive change.

- Sack Lunch Program: Assemble lunches at home or the office for our outreach teams to distribute homeless individuals and families.
- Essential Drives: Organize a drive for "Move-Out Kits"; household basics for clients transitioning into their own homes, or seasonal clothing and hygiene items.



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Opportunities**



**Frequently  
Asked  
Questions**



**Create a  
Volunteer  
Account**

# Volunteers of America, Utah

A cornerstone of care in the Salt Lake Valley, dedicated to supporting families, youth, women, and men facing mental illness, addiction, and homelessness. With a team of over 360 professional staff and contributions of individual and group volunteers, VOA Utah annually served 9,827 Utahns in need in 2025.

## Volunteer Impact

<b>9,422</b>	Individual volunteers
<b>29,390</b>	Hours volunteered
<b>427,903</b>	Meals served across 8 facilities
<b>\$2,384,635</b>	In-kind donations received and distributed
<b>8,006</b>	Sack lunches made and distributed
<b>67,564</b>	Basic needs items distributed by Homeless Outreach Team
<b>10,913</b>	Volunteer opportunities available
<b>7,774</b>	Opportunities filled—71%
<b>\$34.49</b>	Value from 1 hour of volunteering
<b>\$1,012,502</b>	Monetary value from volunteers

## VOA Utah's Impact

<b>9,827</b>	Total clients served
<b>992</b>	Clients served at the WRC
<b>440</b>	Clients served at the YRC
<b>273</b>	Total clients moved into housing
<b>2,271</b>	Clients served at Men's Detox
<b>814</b>	Clients served at the Center for Women & Children
<b>2,835</b>	Clients served by Homeless Outreach Program
<b>83%</b>	Adult Detox clients who completed their stay
<b>1,657</b>	Clients in Treatment Services
<b>3,301</b>	Number of group therapy sessions