



Volunteer UNITED

UNITED WAY OF JOHNSON & WASHINGTON COUNTIES
VOLUNTEER EXPRESS

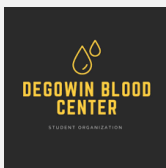
April & May 2026



DVIP/RVAP Johnson County Shop for Survivors Volunteers needed April 16 & 18 Local Fareway and Hy-Vee Stores

DVIP and RVAP are seeking volunteers for the Johnson County Shop for Survivors event. Volunteers will be stationed at local grocery stores to greet shoppers, share information about the event, and hand out lists of needed items that can be purchased and donated. This is a great opportunity to raise awareness and collect essential supplies for individuals and families in our community.

Sign up to volunteer at this link: [Sign up Genius](#)
Contact Ally Tippe (allisont@dviowa.org) with any questions



UI Health Care Blood Drive – Fountain Lobby Thursday, April 16th | 11:00am-4:00pm UI Health Care Medical Center, 200 Hawkins Dr., Iowa City

The DeGowin Blood Center is hosting a blood drive at the UI Health Care Medical Center Fountain Lobby. Donations, which take about 45–60 minutes, support patients at UI Health Care and Stead Family Children’s Hospital and help save lives in our community.

Before donating, please remember to:

- Bring a photo ID
- Drink plenty of fluids and eat a healthy meal beforehand
- Be free of cold or flu symptoms for at least five days
- Bring a list of medications you are currently taking

[Click here to register](#)

Contact: Mandy McClenahan (mandy-mcclenahan@uiowa.edu)



Neighborhood Centers - 3rd Annual Spring Gala
Saturday, April 18th
2335 Oakdale Rd. Coralville, IA 52241

Neighborhood Centers is currently recruiting volunteers for their 3rd Annual Spring Gala at the Unitarian Universalist Society in Coralville (2335 Oakdale Rd, Coralville, IA 52241). Volunteers are needed Friday, April 17th and Saturday, April 18th. This is one of their largest fundraisers of the year, and it takes a strong team of volunteers to make it successful. There are many different volunteer positions available.

Sign-up to volunteer: <https://ncjc.org/gala26-volunteer.html>

Contact: Chasity Dillard (Chasity-Dillard@ncjc.org)



CommUnity Rise and Rally Pickleball Tournament

Sunday, April 19th

**Xtream Arena - GreenState Family Fieldhouse, 200
E 9th St, Coralville, Iowa, 52241**

Volunteers are needed to assist with CommUnity Crisis Services Rise and Rally Pickleball Tournament. Volunteers are needed to help with registration, monitoring courts, and clean up.

All shifts are 2.5 hours. The available slots are from 8:00-10:30am, 10:30am-1:00pm, and 1:00-3:30pm.

Sign-up to volunteer: [Click Here](#)

Contact: Sara Barth (sara.barth@builtbycommunity.org)



Kirkwood Work Place Learning Connection

Financial Literacy Fair

March 25th – April 23rd

Work Place Learning Connection provides career exploration opportunities for middle school and high school students interested in exploring career options.

Volunteers are needed to spend time talking with students ages 12-14 as they navigate real-life financial choices. No prior experience is required.

Sign up to volunteer: <https://www.kirkwood.edu/financialliteracyfair>

For more information, contact: Shalane.Brinkman@kirkwood.edu



Iowa City Climate Action and Outreach Annual Neighborhood Energy Blitz Saturday, April 25th

On Saturday, April 25, volunteers will meet at Horn Elementary School for the annual Neighborhood Energy Blitz. Morning volunteers will deliver energy-saving kits, while afternoon volunteers will collect leftover kits and return to sort lightbulbs and batteries. Shifts may end early depending on turnout, with the afternoon shift typically shorter.

A volunteer training will be held on Thursday, April 16 via Zoom. The link will be emailed to volunteers, and a recording will be shared afterward for those who can not attend live.

Sign up [HERE](#)

Contact: Kendall McMullen (KMcMullen@iowa-city.org)



Clothesline Project Johnson County Tuesday April 28th 11am-4pm Chauncey Swan Park - Iowa City, IA

Join this event to make a tshirt and attend a display to show support and bolster awareness for victim survivors of DV and SA. The Clothesline Project is a visual display of violence statistics that often go ignored.

The Clothesline Project is a visual display of violence statistics that often go ignored. Each shirt is made by a survivor of violence or by someone who has lost a loved one to violence. Attendees are invited to create a shirt to add to the interactive display.

No signup is necessary, open to all to attend!

Learn more here: <https://dvipiowa.org/event/the-clothesline-project-2/>



Everything Free Yard Sale – Volunteers Needed

Monday, April 27th – Saturday, May 2nd

Jesus Christ of Latter-Day Saints, 2730 Bradford Dr. Iowa City, IA 52245

Volunteers are needed for an Everything Free Yard Sale. This event provides the community with a week of donation collection and organization, culminating in a free yard sale where all items are available at no cost. Volunteers help sort and organize donations to create a welcoming and organized space, and assist with cleanup after the event.

Sorting and organizing donations:

- Monday, April 27th 6-8pm
- Tuesday, April 28th 8:30-10:30am
- Wednesday, April 29th 6-8pm
- Thursday, April 30th 8:30-10:30 am & 6-8pm

Clean-Up:

- Saturday, May 2nd 11:30am-1:30pm

**Sign-Up to Volunteer or for questions: Jessica Brown (brownjesg@gmail.com)
319-400-9307**



Ronald McDonald House 42nd Annual Red Shoe Run & Walk Sunday, May 3rd Lower City Park

This annual event brings the community together for a 5K run/walk, Ronald's Run for kids, a kid's zone, treats, and more—all while raising funds to support families staying at Ronald McDonald House. This event also serves as a special reunion for alumni families, staff, and volunteers.

Over 100 volunteers are needed to make the day a success! Opportunities include setup, registration, course support, cheering on participants, and helping in the kid's zone.

Lace up your red shoes and join in making a difference!

Use the link below to view volunteer opportunities and sign up:

<https://runsignup.com/Race/Volunteer/IA/IowaCity/RedShoeRunWalk>

Contact Ashley Dockendorf with questions or more information:

adockendorf@rmhc-eiwi.org



Stamp Out Hunger

May 9th – Multiple Volunteer Shifts

10:00am-12:00pm, 12:00pm-2:00pm, 3:00pm-5:00pm

CommUnity Food Bank 1045 Hwy 6 East, Pepperwood Plaza, Iowa City

The National Letter Carrier's Stamp Out Hunger Food Drive, held annually since 1993, is the nation's largest one-day food drive. Letter carriers collect non-perishable food donations along their routes to support local food pantries.

Volunteers are needed to help collect and sort donations at the CommUnity Food Bank. This event is a great way to make a meaningful impact-last year alone, thousands of pounds of food were collected for our community. Volunteers will be provided with lunch, snacks, and drinks.

If you would like to volunteer, please utilize this link:

<https://www.volunteersignup.org/4BW8R>

Contact Ben Kayser with questions or for more information:

319-240-8138 or bkayser2005@gmail.com



Coralville Asian Festival

May 16th – Multiple Volunteer Shifts

ST Morrisson Park 1513 7th St, Coralville, Iowa 52241

The 4th annual Coralville Asian Festival is going to be held May 16th. Many volunteers are needed to help with the success of this event.

This event is a celebration of Asian cultures in our community. Volunteers are needed for setup, tear down, guest support, activities, and more.

Your participation is crucial in making this festival a success, and it is volunteers like you who help keep our festival running! Everyone ages 16+ is welcome. 16 and under must be accompanied by an adult.

Learn more and sign up to volunteer at this link: [Click here](#)

Contact coralvilleasianfest@gmail.com with questions or sign-up positions



Iowa City Community School District 70th Annual Track & Field Day – 4th and 5th Grades West High School Track 10:50am-1:30pm

Volunteers are needed to assist current and retired PE teachers with various events being held each day. The teachers will provide instructions for each event, time, and/or measure, but help is needed recording the times/scores/results on a clipboard as needed.

There are a variety of fun events for volunteers to assist with such as Tug-o-War and Running and Field events. 8-16 volunteers are needed each event day.

Event Dates:

Monday, May 11th

Tuesday, May 12th

Wednesday, May 13th

(Rain dates May 18-20)

If you are interested in volunteering or learning more, please contact Jen Neubauer, ICCSD Elementary PE/Health Coordinator, at: neubauer.jen@iowacityschools.org



DVIP/RVAP Individual Volunteer Opportunities

DVIP/RVAP is looking for more volunteers. Volunteers have an opportunity to pursue either direct service or indirect service. Direct service requires a commitment contract and minimum of 6 hours each week including some on-call commitments.

Learn more and sign up to volunteer at this link:

https://secure.lglforms.com/form_engine/s/JD4kCqs5rxa_wG5C5OZ94Q

Contact: amandag@dvi Iowa.org

CYCLING
WITHOUT
AGE



Cycling Without Age Johnson County Individual Volunteer Opportunity

Cycling Without Age Johnson County is seeking a volunteer to help them review, implement, and test a ride-booking system. This role will support their participation in a test group for new software designed specifically to manage and coordinate schedules with their volunteer pilots. The ideal volunteer would be someone who is organized, comfortable with technology, a good communicator, and interested in improving how rides are scheduled.

If you are interested in volunteering or would like more information contact Nancy Footner: nfootner@gmail.com

To learn more about Cycling Without Age: <https://icbikelibrary.org/cycling-without-age>



4C's of Johnson County Individual Volunteer Opportunities

4C's is looking for detail-oriented volunteers who enjoy organizing, refreshing spaces, and creating a sense of calm and order.

Current Office Projects:

Binder Breakdown & Recycling Project:

Help us clear out outdated binders by emptying materials for shredding/recycling and preparing the binders for reuse.

Storage Closet Refresh:

Bring your organizing superpowers! Volunteers will help sort materials, group like items, label shelves, and create a more functional, easy to navigate storage area for staff.

Executive Director Office Spruce-Up:

Help redecorate the ED's office by hanging photos/art, rearranging items for better flow, and giving the space a polished, welcoming feel. No design experience needed.

To volunteer or learn more contact: Laura Lage (laura@iowa4cs.com) or Terrie Doehrmann (terrie@iowa4cs.com)



HACAP Food Pantry – Washington, Iowa
2176 Lexington Blvd

Volunteers are needed to assist in the HACAP Food Pantry in Washington.

- Sort and organize food donations during the week
- Assist with grocery store pick-ups of donated food
- Ensure food is distributed quickly and safely to those in need
- Volunteer shifts are flexible and can be tailored to volunteer availability

For more information or to volunteer contact:

Renella Crawford, Washington Operations Director
319-653-7275 or rcrawford@hacap.org



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



Crowded Closet Thrift Shop Individual and Group Volunteer Opportunities

Crowded Closet is looking for volunteers to help after hours during a 'Work Night'. Volunteers will help with clothing processing, tagging, and other behind-the-scenes tasks.

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.

To sign up for this event click: [HERE](#).

For more information or additional questions email Eva:
crowdedcloset.volunteer@gmail.com



Houses into Homes

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.

[Click here to view all Houses into Homes volunteer opportunities.](#)



Iowa Valley Habitat for Humanity

ReStore Volunteers Needed - Help ReStore Sort Cans!!
Volunteer shifts available Tuesday-Saturday every week
9:30am-1:00pm & 1:00pm-5:00pm (No Wed. am shift)

Iowa City ReStore is looking for additional ReStore volunteers throughout December and January 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 to volunteer here: [Volunteer Calendar](#)

For questions or more information please contact:

Sammi DeNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org



Agape Café

Meal Prep Tuesday Afternoons 1:00pm-3:00pm

Breakfast Service Wednesday Mornings 9:00am-11:00am

26 East Market Street at Old Brick Church, Iowa City

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

Volunteers are needed to assist with a Tuesday afternoon prep period and Wednesday service. The afternoon prep involves setting up the dining hall at Old Brick and assembling ingredients for the following morning's breakfast. Wednesday morning volunteer activities include washing dishes, putting away supplies, tables and chairs, etc.

Flexibility with volunteer hours is available. Come early and enjoy a great breakfast. Signup Genius link: <https://www.signupgenius.com/go/10C094DA5AD2CA5FACF8-60021700-2026>

If you are interested in volunteering or learning more, contact Jenny Britton at: 319-400-4879 or agapebreakfast@gmail.com



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

If you are interested in learning more complete the online application here:

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



Crowded Closet
MCC THRIFT SHOP

Crowded Closet Thrift Shop Weekly Scheduled Volunteers

Be part of the award-winning retail team at Crowded Closet Thrift Shop where they provide excellent customer service to their guests. Retail service is a fun way to serve! They 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!

If you are interested in learning more complete the online application here:

<https://www.crowdedcloset.org/volunteer.html> or email at crowdedcloset.volunteer@gmail.com



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/>

[Volunteer Descriptions – Free Medical and Dental Clinic \(freemedicalclinic.org\)](http://freemedicalclinic.org)

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

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 places Monday-Friday with pick up around 10:30am. Meal pickup is at Meals on Wheels Coralville office, 2210 9th St. Coralville, IA 52241.

Open routes available are filling in for an absence, filling in occasionally or even permanent weekly routes. Each route takes about an hour to an hour and a half.

To volunteer, call Cara Brady, Volunteer Coordinator for Meals on Wheels at 319-375-3160.



Shelter House - Individual Volunteer Opportunities

Shifts are flexible to volunteer schedules

Volunteers are needed to help with the following:

- Sorting community donations
- Fulfilling client donation requests
- Assisting in the Job Lab to help clients use computers to apply for jobs, create resumes, and apply for housing.

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

Contact: brett.mccartt@shleterhouseiowa.org



Ronald McDonald House **Casserole Club Volunteers**

Volunteers are welcome to come in during the day and prepare casseroles for us to freeze and later provide to families when we do not have an evening volunteer meal group.

Groups of 8 can be accommodated. You bring in the ingredients to prepare your casseroles on-site. Our fully stocked kitchen will have everything else you need! We ask that Casserole Club groups wrap up by noon, so if we have a meal group coming in that evening, the kitchen will be available. If you are interested in signing up for a date, you can check availability and sign up on the online calendar here: [RMHC-EIWI Online Meal Calendar](#)



Neighborhood Centers of Johnson County Onsite Volunteer Opportunities

Volunteers are needed to assist with the following:

- **Front Desk Volunteer Assistant:** The front desk volunteer assistant is a vital part of creating a safe, kind, and helpful environment in our lobby areas, as well as being a key bridge of communication between parents, teachers, and staff. (7:30am - 9am, 12pm-1pm, or 3:30pm-5:30pm)
- **English or Citizenship Class Volunteer:** Support adult learners in our English or Citizenship classes! As a volunteer, you will assist the lead instructor by guiding participants through activities, holding conversations to build confidence, and providing one-on-one support. This role helps create a positive, engaging learning environment for all participants. (Citizenship classes are held Mondays, and Fridays from 6–8 PM and English classes are held Tuesdays from 6–8 PM - both at our Pheasant Ridge Neighborhood Center.)

For more information or to sign up contact: Bella Williams 319 354 2886 ext. 104
Bella-Arredondo@ncjc.org



UnityPoint Health
AbbeHealth Services

Aging Services, Inc. - Pathways Adult Day Health Center Day Program for Seniors and Adults with Disabilities Volunteers Needed - Variety of Activities Available

Pathways can create a custom volunteer experience for individuals or groups and offer one-time or short-term volunteer options. Volunteers can assist with anything from 1:1 time with participants (playing a game, talking, or assisting them during a big group program), helping out with main group activities during crafts or games, coming to help with a holiday party, or administrative tasks such as filing or mailing letters.

If you are interested in learning more about how you can make a difference at Pathways in Iowa City, reach out to Hannah Lenth by e-mail or phone: Hannah.lenth@unitypoint.org
319-339-6162



Historical Secret 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 Secret 1883 Octagonal Barn.

For more information or to schedule a volunteer time, 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 the progress of the current build 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 to volunteer here: [Volunteer Calendar](#)

For questions or more information please contact:

Sammi DeNeui, Volunteer Coordinator, sammi@iowavalleyhabitat.org

Community Crisis Services and Food Bank Individual Volunteer Opportunities



Food Bank Volunteer Signup: [HERE](#)

Mobile Pantry Volunteer Signup (by location): [HERE](#)

Grocery Delivery Driver Volunteer Signup: [HERE](#)

Bag Prep Volunteer Signup: [HERE](#)

Financial Support Services Volunteer Information: Contact Ryan Markle
(ryan.markle@builtbycommunity.org)



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
www.unitedwayjwc.org

