



make a difference

Volunteers are the **heart and soul** of Open Arms. From preparing medically tailored meals in our state-of-the-art kitchen to delivering our nourishing food to our critically ill clients, **every aspect of our operations is made possible because of the incredible dedication of our volunteers.** Whether you volunteer as an individual, with your family, or as a group, join us in making a difference for our neighbors living with life-threatening illnesses!

ways to help

We have a wide variety of **volunteer, internship, and community service opportunities!** We will work with you to find the perfect fit for your skills, interests, and availability. Flip this page over to see some of the ways you can support your neighbors!

get started

Becoming a volunteer at Open Arms is easy! To find out how, scan the QR code or visit openarmsmn.org/volunteer



who we are

Open Arms of Minnesota is a nonprofit organization that prepares and delivers nourishing, medically tailored meals free of charge to critically ill Minnesotans and their loved ones. Our work is made possible by a loving volunteer community!



@openarmsmn

**LEARN MORE
ABOUT US!**

openarmsmn.org

volunteer opportunities



IN THE KITCHEN

Prepare, portion, and package food for our medically tailored meals — no culinary skills necessary!



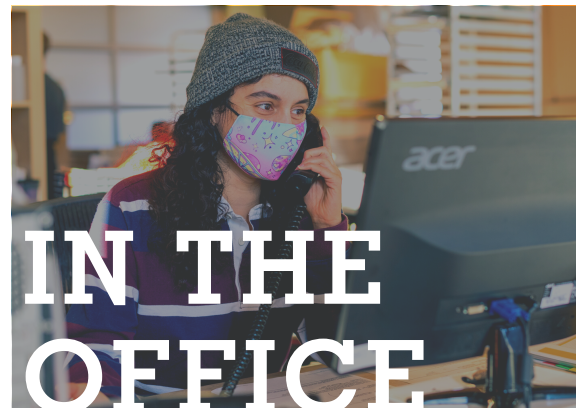
ON DELIVERY

Interact with clients and see the impact of our work by delivering meals to our clients in the Twin Cities!



ON THE FARM

From April to November, help us plant, prune, weed, and harvest herbs and veggies for our kitchen!



IN THE OFFICE

Be the smiling face of Open Arms as you greet visitors and callers at our reception desk!



where you can volunteer

2500 Bloomington Ave | Minneapolis, MN 55404

3024 4th Avenue S | Minneapolis, MN 55408 **UNTIL DECEMBER 2022**

380 E Lafayette Frontage Rd | St. Paul, MN 55107 **COMING IN 2023!**

Open Farms locations in Minneapolis, St. Paul, and Afton

questions? Get in touch with us at **612-872-1152** or **volunteer@openarmsmn.org**