

Volunteer

Volunteers are the lifeblood of the Regional Food Bank. Volunteers help us sort and pack food to be distributed, prepare meals in Hope's Kitchen and restock shelves and help neighbors shop.

We accept volunteers as young as eight years old and offer morning, afternoon and evening shifts.

To register to volunteer, visit rfbo.org/volunteer.



Advocate

Oklahoma is one of the hungriest states in the nation. Help the Regional Food Bank raise awareness about the reality of hunger in Oklahoma and how to advocate for public policy that helps our neighbors facing hunger become self-sufficient.

Join us in helping to find solutions to end hunger by visiting rfbo.org/advocate to learn more.

Donate

For every \$1 donated, the Regional Food Bank helps provide three meals to our Oklahoma neighbors facing hunger. Financial donation help support programs in four focus areas:

- Food for Kids
- Food for Seniors
- Food for Health
- Food for Communities

To make a donation, visit rfbo.org/donate.

