



## Freeport West, Inc. Volunteer Opportunities

- **Cooking:**  
Freeport provides two meals a day for the participants that use our services. If you enjoy cooking for large groups you are welcome to volunteer to cook a meal for our youth. There is also an opportunity to facilitate a cooking class to teach the youth the basics of cooking a well-balanced meal (and dessert too).
- **Tutoring:**  
Many of Freeport's participants are also working to achieve high school diplomas and GED's. There is a need for adults to assist the youth with homework during our evening hours of 4:00 – 8:00.
- **Facilities/Logistics:**  
Freeport is housed in three separate buildings. There are numerous opportunities for organizing and cleanup.
- **Gardening:**  
Freeport strives to bring fresh homegrown vegetables to our kitchen so our participants can enjoy a well-balanced meal. Yet, we need assistance with the regular maintenance of the garden from planting to harvest. This is an opportunity to enrich the nutrition of young people. There is also the option to assist with flowers and landscaping too!
- **Special Events/Holiday Events:**  
Winter is a busy time in planning holiday events at Freeport West, Inc. and we could use your help. Come join our party planning committee.
- **Play Production**  
The arts is an integral part of programming at Freeport. Our partner Jam with the Lamb Productions creates, produces, and directs original plays. As needed there will be opportunities to assist with these productions.
- **Special Interest:**  
If you have a special talent or gift you'd like to share with our volunteers, arts & crafts, sewing, etc. contact Dorothy Abellard to discuss.

2219 Oakland Avenue South  
Minneapolis, MN 55404

Freeport Locations  
2222 Park Avenue South  
Minneapolis, MN 55404

905 Selby Avenue  
Saint Paul, MN 55104

Attention: Dorothy Abellard  
Freeport West  
2219 Oakland Avenue South  
Minneapolis, MN 55440  
Phone: 612-252-2714 ♦ Fax: 612-252-2715  
[Dorothy.abellard@freeportwest.org](mailto:Dorothy.abellard@freeportwest.org)