



VOLUNTEER GUIDE

PAWS PET FOOD BANK

PETS ARE WONDERFUL SUPPORT

ABOUT US

PAWS keeps people and their pets together.

PAWS Pet Food Bank provides free pet food and supplies for older adults and adults with illnesses and disabilities so they can care for their animal companions. We offer pick-up and home delivery.



OUR CLIENTS

HAVE LOW-INCOME

Our clients may live in marginal housing and in dense and under-resourced neighborhoods. They may not be able to work due to their disability. Our clients live on less than \$1850 a month.

LIVE WITH DISABILITIES

Not all disabilities are visible. Some folks may struggle with mental health and other conditions that aren't immediately apparent.



LOVE THEIR PETS

Our clients navigate poverty, disability, isolation, discrimination, and other stressors and still find time to care for their fur families. We offer supplies and resources so they can do what they do best: care for their pets.



DELIVERY VOLUNTEERS

Aged 18+ or accompanied by
a adult guardian

Sign up with a friend or solo
to deliver pet food and
supplies to 6-12 homes in
San Francisco on a Friday.

Be ready to carry up to 20 lb
bags.



DELIVERY CHECK LIST



Valid Drivers License and
insurance (drivers only)



Drivers bring their own
car



Payment for parking



Comfortable clothes and
weather protection



Phone Charger



BOXER CHECKLIST

- ✓ Warehouse Shifts
Thursdays, 1-3pm
- ✓ Ready to lift up to 20 lb
repeatedly
- ✓ Volunteers 14+ can work
unaccompanied in the
warehouse



FOOD BANK BOXERS

Help unload supplies, pack orders for delivery and pick up, organize the food bank, enter data, and serve clients.



GET STARTED

Food Bank volunteers can get started right away.

We provide onsite training for delivery and boxing volunteers. Check out the link below to view our shift calendar.



[PAWS Volunteer Sign-Up](#)



OTHER WAYS TO VOLUNTEER

PET SUPPORT

PAWS volunteers can also support clients through dog walking, temporary foster, and veterinary transport. To explore these opportunities, contact volunteer services.

VOLUNTEERSERVICES@SHANTI.ORG

THANK YOU



JULY 2025