Volunteer Schedule


Grocery Distribution to Customers:
- Thursdays: 2 pm – 7 pm
- Saturdays 9:30 am – 2:30 pm

Stocking/ Pack Grocery Boxes:
- Wednesdays: 9:30 am – 12:30 pm
- Fridays: 9:30 am – 12:30 pm

**Graham/ South Hill Nourish** -

Grocery Distribution to Customers:
- Mondays & Fridays: 9:00 am – 2:00 pm
- Wednesdays: 12:00 pm – 3:00 pm, 3:30 pm – 6:30 pm

Stocking/Pack Grocery Boxes:
- Mondays & Fridays: 2:00 pm – 5:00 pm
- Tuesdays: 9:00 am – 5:00 pm
- Thursdays: 1:30 pm -5:30 pm

**Lakes Area Nourish** - United Methodist Church at Lakewood- 6900 Steilacoom Blvd, Lakewood WA  98499

Grocery Distribution to Customers:
- Mondays, Wednesdays and Fridays:  9:00 am - 1:30 pm
- Mondays:  1:00 pm – 6 p.m.
- Wednesdays & Fridays:  1:00 pm – 5 pm

Stocking/Pack Grocery Boxes:
- Monday, Wednesday, & Friday: 9:30 am – 12:30 pm
- Tuesdays: 9:30 am -12:00 pm
- Thursdays: 9:30 am – 12:00 pm

**Northwest Nourish**- Mason United Methodist Church- 2710 North Madison St, Tacoma WA  98407

Grocery Distribution:
- Wednesdays and Saturdays:  10 - 2 pm
Southeast Nourish – Lutheran Church of Christ the King – 1704 East 85th St. Tacoma WA 98445

Grocery Distribution to Customers:
   Mondays, Wednesdays, & Fridays – 9 am – 1:00 pm, 12:00 pm – 4:00 pm

Nourish Warehouse – Located in the Bekins Moving and Storage Building – 6900 Durango Street, Dock Door #7, Lakewood 98499

   Pack Grocery Boxes: Monday through Friday: 9 – 11 am, 1 – 3 pm

Nourish Mobile Food Banks – 23 Various Sites. Monday through Friday – Mid-day and late afternoon shifts available.