



Ronald McDonald
House Charities®
Greater Washington, DC

Keeping families close®

Volunteer Opportunities for Groups

ON-SITE ACTIVITIES

Onsite activities must be scheduled with the Volunteer Manager. Contact information is located at the bottom of this document. For groups with members younger than 16, ask about our Youth Activities!

1. **Provide a Meal:** Families staying at the Ronald McDonald House often spend their day at their child's hospital bedside or in and out of countless appointments. Coming home to a hot meal can bring a great deal of relief to our families. See the Feed The House Guidelines for ideas and information for preparing a meal. Please note: RMH cannot accept meals prepared in a personal kitchen – all meals must be prepared on our premises or in a commercial kitchen.
2. **Team Bonding:** Use your time and talents to help with basic household chores, yard work, or special projects. No effort is ever wasted at The House that Love Built!
3. **Outdoor Oasis:** We are lucky to have a beautiful yard, but very little is regularly landscaped. We would love to have cheerful plants and flowers to greet families when they get back from a long day at the hospital, or a place to relax and enjoy being outside after a stressful day.

OFF-SITE ACTIVITIES

These can be dropped off at the House any time.

1. **Wish List Drive:** With such a big house to run, we are in constant need of everyday supplies. Host a drive to help us stock up on these much-needed items. Contact us for an updated list of our current needs.
2. **Penny Drive:** Each penny donated is a penny more we can spend on families and their kids. Organize a drive at your school, faith center, or with team members and collect as many pennies as you can. Try setting goals and competing to see who gets there first! Then take them to a local change machine and watch those pennies turn into dollars! Donate those dollars to Ronald McDonald House and know that your hard work lightens the load of another.
3. **Soda/Pop Tabs:** Pull off all those tabs from your soda cans and toss them in a container. When its full, come drop them off at our House so we can recycle them for cash.

CONTACT US: 3312 Gallows Road, Falls Church, VA 22042 ▪ Phone: 703-698-7080 ▪ www.rmhc.org

4. **Activity Bags:** Spending long hours at the hospital can be tedious. Help our families pass the time by providing fun activities for both children and adults!
5. **Snack Bags:** Cafeteria food is expensive and vending machines are not always healthy, so we try to give our families another lunch option while they are at the hospital. You can assemble kits of shelf-stable food so our families can have a healthy meal. Bags consist of a main entrée, sides, and a beverage. Our Family Rooms in the hospital have a microwave and sink to help with meal preparation.
6. **Toiletry Kits:** Our families often arrive having had little chance to prepare for their trip. Because families often had to leave their homes suddenly, we try to have toiletry items to provide them, when needed. You can prepare kits with common toiletry items for us to leave in the rooms for families to use.

If one of these opportunities appeals to your group or you need ideas, please contact Morgan Doxer at MDoxer@rmhcdc.org for more information.