



Keeping families close®

Volunteer Opportunities for Groups

ON-SITE ACTIVITIES

Onsite activities must be scheduled with RMHCDC Staff members. 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 information on preparing a meal. Please note: RMHCDC 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:** Help us maintain our yards and landscaping. We would love to have cheerful plants and flowers to greet families when they get back from a long day at the hospital.

OFF-SITE ACTIVITIES

These can be dropped off at the DC House any time.

1. **Wish List Drive:** With two big House programs to run, we are in constant need of everyday supplies. Host a drive to help us stock up on these much-needed items. Visit <https://rmhcdc.org/ways-to-give/wish-list/> for the most updated list of our current needs.
2. **Soda/Pop Tabs:** Pull off all those tabs from your soda cans and toss them in a container to "Pull for the House." When its full, come drop them off at our House so we can recycle them for cash. Learn more at <https://rmhcdc.org/ways-to-give/pop-tabs/>.
3. **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!
4. **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

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and sink to help with meal preparation.

5. **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 Rachel Taninecz at Rachel@rmhcdc.org for more information.