

Ronald McDonald House Charities of Kansas City Off Site Volunteer Opportunities

For questions regarding these opportunities or to schedule your drop off please contact
Guestrelations@rmhckc.org

Wish List Drive:

We rely on generous donations from our community to stock the pantries and maintain the Houses and Family Room. Our wish lists contain food pantry goods, storage and paper items, cleaning supplies, linens and household items, personal care and family items, and office supplies. Keep in mind the "wish list" is frequently updated on the RMHC-KC website.

For an updated list please visit: <https://www.rmhckc.org/how-you-can-help/wish-lists/>

If you want to make a **BIG** impact with little time check out our Amazon wish list:

<https://www.amazon.com/gp/registry/wishlist/2Z8NQ7I7R0VA5>

Please feel free to contact us using the above information in regards to a special wish list drive opportunity! We can help focus in on a list of items that will make a huge impact for our families staying here at RMHC-KC!

Snack Bags:

Our families are on the go! Help us provide a quick and easy option for families that do not have the time to sit and eat a meal at one of our houses. Many families spend hours, months, and sometimes years at the hospital with their child, and being able to have access to a delicious snack bag can help families in a simple yet impactful way.

Please provide 3-5 **non-perishable** items in each bag. Please keep in mind the RMHC-KC Food Policy- due to food safety concerns and the well-being of our families, we are unable to accept food items or baked goods that are prepared off-site. Please use pre-packaged goods from a store in unopened containers and/or packages.

Snack Bag Ideas: (store in paper sacks with labels and/or clear bags such as zip locks)

- pretzels/Cheez-its/Chex-mix/chips/trail mix
- mini water bottles (flavor mix in packet)
- granola/protein bars
- fruit snacks/popcorn
- peanut butter or cheese crackers

We ask that groups provide at least 25 snack bags at a time. If you have the capacity to make more, please contact us for drop off arrangements.



Family Room Care Kits:

Inside Children's Mercy Hospital we have a respite place called the Family Room. Within the Family Room we have seven small sleeping rooms that are given to parents who have a critically-ill child. Parents are offered these rooms nightly in hopes that they can get much needed rest while caring for their sick child. These parents are experiencing one of the scariest and un-certain times in their lives. Our goal for the *Family Room Care Kits* are to welcome parents and provide a small bit of comfort and hope.

We ask that all kits be delivered to the Family Room inside of Children's Mercy hospital, weekday's between 8:00am-4:00pm. To schedule outside these hours please use the contact information above.

Suggestions for "Family Room Care Kit" (stored in small baskets or re-usable totes)

- bottled water
- adult blanket
- hygiene items (shampoo, conditioner, deodorant, toothbrush/paste, body wash)
- hand lotion
- Chapstick
- journal/pen (for note taking when meeting with doctors)
- a light snack (protein bar, fruit snacks, trail mix)
- regular sized chocolate bar (Dove, Ghirardelli)
- gum/mints
- mini packets of Kleenex
- message with words of encouragement (non-religious)



Adult Focused Sunshine Bags:

Parents need to take care of themselves. Having a sick child can be extremely taxing. We are looking for special volunteers who can help us bring smiles to parents on hard days.

We ask that groups provide at least 10 sunshine bags at a time. If you have the capacity to make more please contact us for drop off arrangements.

Suggestions for the Sunshine Bag:

- AMC movie gift cards
- snacks (popcorn, beef jerky, candy)
- lavender bubble bath
- journals/pens
- adult coloring books/colored pencils
- travel mug/tea bags or re-usable water bottles
- subway/pizza gift cards
- fuzzy socks or adult blanket



Kits for Kids:

We often have daily activities for siblings and patients to participate in. However, the reality is many patients cannot attend due to illness or being inpatient at the hospital. Our goal for *Kits for Kids* is to provide activity in a bag for siblings waiting long hours at the hospital or patients who cannot leave their room.

We ask that groups provide at least 25 kits at a time. If you have the capacity to make more please contact us for drop off arrangements.

Suggestions for Kits for Kids:

- coloring books/crayons/colored pencils/markers
- mini puzzles or travel size games
- Playdoh/Silly Putty/slime
- activity books/writing utensil
- small craft project
- small stuffed animal or fidget spinner
- card games (Uno, Go Fish, Old Maid, Dominos)



Donation Drop Off Info:

Ronald McDonald House Charities of Kansas City: 2502 Cherry St. Kansas City Missouri 64108 (Please use above contact information to schedule)

RMHC-KC Family Room inside Children's Mercy Hospital: Please click on link for step by step directions! <https://www.rmhckc.org/wp-content/uploads/2018/03/Directions-to-the-Family-Room.pdf>