



Student Virtual Volunteer Hour Breakdown

The hours below may be increased or decreased based on the situation.

*All deliveries/drop offs should be coordinated beforehand

Host a Wish List Drive (3 hours)

- Must contain at least 20 items.
 - For every additional 10 items collected, 1 hour will be added.
- Invite your neighborhood, friends and family to provide goods for a donation drive
- Write 300-400 words on how you got the community involved. What impact the experience had on you (skills you learned). What is the intended impact of your donation to RMHENC (to help provide paper goods, feed families, provide sanitization supplies, add to the conveniences that families need)?
- You can always find our most up-to-date Wishlist on our website:
<https://rmchenc.org/wishlist/>

Make a Meal (3 hours)

****IN-PERSON OPPORTUNITY**

- Must be 18+
- Groups can include a maximum of four (4) volunteers
- Participants will complete a health questionnaire and temperature reading upon arrival at the RMH
- Volunteers must wear facemasks at all times and gloves while in the kitchen
- Volunteer shift will be designated between 4:00-7:00pm
- As our occupancy increases, the number of families to prepare for may change.
- For more information regarding meal groups specifically, visit: <https://rmhcenc.org/make-a-meal/>

Meal Hero (Hours Vary)

- Provide dinner for our families by purchasing a meal from a restaurant, providing a \$50 gift card to a restaurant or dropping off 2 frozen casseroles from the local grocery store. All casseroles must arrive completely frozen and not tampered with. This receives 2 hours.
- We have an abundance of lasagna. Please search for a variety. It must be **family/party size**. *If you bring smaller casseroles, you will receive less hours.*
- Meals must be scheduled for drop off with Caleb.
- Write 300-400 words on why you think providing a hot meal for our families is so important.

-OR-

Donate 4 meals to our Sirvve campaign (4 hours) and send Caleb a picture of the receipt! Visit www.rmhcenc.org/sirvve to find our campaign.

Doll Pattern (5 hours)

- We are looking for talented volunteers to make dolls for our families to use during Medical Play. If you chose to participate in this opportunity, email Katie and she will provide you with a template.
- You must provide 10 dolls.

Provide Gloves (1 hour)

- Provide one box of gloves (Vinyl or Nitrile gloves size large)
- Write 200-400 words about why this donation is important to our charity. Think about the population we serve and why their health and safety are so critical.

Decorate Onesies (2 hours)

- A lot of the families we serve are here with newborns. Share some love and creativity by decorating onesies in sizes Preemie to 12 Months for our smallest guests!
- Please be sure to use fabric paint or other non-toxic materials.
- Must provide 10 onesies to receive volunteer hour credit.

Provide Goody Bags (2 hours)

- Provide 10 Goody Bags (3-5 items). Goody bags are a great way to support families as they spend long days in the hospital with their children.
- Collect baby items (socks, pacifiers, onesies), puzzle books, toiletries, small toys, etc. and put them in a gift bag, box or goody bag that we can distribute to families. Please do not include any food or candy in the bags.
- Decorate the bag with artwork and/or inspirational words of encouragement (please no religious messages or “get well”)
- RMH can only accept 10 Goody Bags at one time
- Write 200-300 words on why you chose this experience. What you hope the intended impact of the organization will be. Why do you think goody bags are important to the families that stay with us?

Pop tabs (2 hours)

- Collecting and donating pop tabs! <https://rmhcenc.org/poptabs/>
- Collection amount must be equal to or more than a quart Ziplock bag/container.
- Write 200-300 words on how you got the community, friends or family involved. Why do you think collecting pop tabs is so important to the RMH?

Recycle Ink Cartridges (1 hour)

- Do you have a printer at home? Collect your old ink cartridges and bring them to the RMH.
- Collection amount must be equal to 5 cartridges to receive 2 hours of volunteer time.
- We cannot accept toner cartridges.
- Write 200-300 words on how you got the community, friends or family involved.

Host an Activity (1 hour) **IN-PERSON OPPORTUNITY

- Must be 18+
- Groups can include a maximum of four (4) volunteers
- Participants will complete a health questionnaire and temperature reading upon arrival at the RMH
- Volunteers must wear facemasks at all times
- Activities are held at 6pm
- For more information regarding meal groups specifically, visit: <https://rmhcenc.org/activity-calendar/>.

Host a Facebook Fundraiser (1 hour per \$50 raised)

- Challenge your Facebook friends and family to donate \$10 to help support a family for a night at the RMH.
- For every \$50 raised, you can receive 1 hour of volunteer time
- You must screenshot the fundraiser once it has ended and send it to Katie to receive credit.
- Write 200-300 words about why you think fundraising is important.

Fundraiser Support (30 min per item)

- Earn 30 min of volunteer time per item you sell through a fundraiser. Check our fundraisers/events page for upcoming fundraisers and email Caleb for more information.

Social Media Ambassador (30 min - 1 hour per post)

- Option 1: Create a Facebook or Instagram post that shows how you support the Ronald McDonald House/why you're excited about volunteering with RMH (30 min)
 - You must tag RMH in your post and screenshot your post and share with Katie (caleb@rmhcenc.org) to receive hours. If your account is private and you tag RMH we will likely not see it – so always screenshot anything you share to receive credit.
 - Support can be sharing one of the activities you did from the above options. You can simply share our mission and Wish List items in a post.
 - Encourage others to follow, share and support.
 - Direct follows to our →
Website: www.rmhcenc.org
Facebook: <https://www.facebook.com/RMHCENC/>
Instagram: <https://www.instagram.com/rmhcenc/>
- Option 2: Record a video clip (30 sec) on what volunteering for RMHENC means to you and why it's important (1 hour)

- Option 3: Record yourself reading a children's book to be shared on RMH SM pages or with RMH Families. (1 hour)