

## Family Volunteer Opportunities

Projects can be done with your family in your home, neighborhood or with local nonprofits.

### EDUCATION

**Conduct a School Supply Drive** Supplies needed are backpacks, notebooks, pencils, folders, crayons, etc. Deliver to Boys and Girls Clubs or your neighborhood schools.

**Create United Way Pen Pal Kits** Hold a supply drive and put together Pen Pal Kits.

**Book Drive** Gather new or gently used books for children staying in shelters. Deliver to local shelters.

### FINANCIAL STABILITY

**Toiletries for the Shelters** Supplies needed are 1 or 2-gallon size food storage bags, soap, washcloth, toothpaste, toothbrush, comb, emery board, shampoo, lotion, razor, etc. Set up an assembly line to fill the bags and have each child place each item in the bags. Deliver to ASAC, Catherine McAuley Center, Willis Dady.

**Hat or Glove Drive** During the winter months collect hats and gloves and donate to Catherine McAuley Center, Young Parents Network or Willis Dady.

### HEALTH

**Deliver Meals** Together as a family drive a route and deliver meals to homebound seniors through Horizons Meals on Wheel program.

**Smile Notes for Seniors** Supplies needed are paper, markers, stickers, envelopes. Time needed is 2-3 hours. Make cards. Deliver to senior centers, hospitals or for Aging Services clients.

**Color/Create Placemats for Food Trays** Supplies needed are placemats, crayons, markers and stickers. Time needed is 2 hours. Make placemats Deliver to nursing homes, senior meal sites or for Meals on Wheels clients.

**"Adopt" a Neighborhood Senior** Help them with yard work, errands meals. Supplies needed are yard tools. Contact Aging Services

### COMMUNITY SUPPORT

**Letters to Veterans** Write letters/draw pictures to give to veterans on honor flight.

**Pick Up Litter at Your Neighborhood Park** Supplies needed are trash bags, gloves, and rakes.

**Decorate Cookies** Connect with a senior center and decorate cookies with or sing to residents.

**Host a Carnival** Run simple games and hand out treats at a low-income apartments or an agency.

**Host a Pet Food/Pet Toy Drive** Set up a collection point, promote with family and friends. Time needed is 10 hours. Deliver to Cedar Valley Humane Society

**Volunteer Now Website** - Visit [uweci.org/VolunteerNow](http://uweci.org/VolunteerNow) for additional opportunities. It's a 1-stop volunteer shop in the greater Cedar Rapids area. Over 80 agencies and 150 opportunities are listed. For more information contact Sue Driscoll at 319 398-5372 or [SDriscoll@uweci.org](mailto:SDriscoll@uweci.org).