



**Ronald
McDonald
House®**

LOS ANGELES



Youth Volunteer Package

"Kids helping Kids"



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Who we are

The Los Angeles Ronald McDonald House provides a comforting “home away from home” for families with seriously ill children receiving treatment at local Los Angeles hospitals. Your time and dedication plays a pivotal role in assisting us to make our House a home!

Unfortunately, due to the nature of the illness of the children staying at Ronald McDonald House, they cannot have direct interaction with children under 15 years old. However, this manual will outline the many ways in which we would encourage youth involvement. By helping the Los Angeles Ronald McDonald House, young volunteers will be making a difference for the families who depend on us. Spend time helping us and you will help thousands of families spend time with their kids.

Inside this manual is a guide to some ways younger volunteers can help out and give back! We are honored that you want to help us help others!

Snack Packs

While families pay a nominal fee to stay at the House, they are still faced with the costs of everyday essentials, including food for their families. To help alleviate the burden, we are asking groups to help us provide "snack packs" filled with healthy, non-perishable snack items for families to take with them during long days spent at the hospital. Volunteers are welcome to leave notes of encouragement or hope inside, or even decorate the bags.

If interested in this project, please flip to page 5 for a more detailed explanation for snack packs.

Welcome Blankets

When a family joins us at the Ronald McDonald House, we welcome them with a few treats, such as a Welcome Blanket. This blanket is extremely comfortable for the child to hold. Our children love the blankets so much that they will bring them all around the House and to the hospitals. For the child to have a blanket to call their own, makes the time spent here much homier.

If interested in this project, please flip to page 6 for a more detailed explanation for the Welcome Blankets.

Backpack Buddies

Many of the families that stay with us have multiple children. The siblings of the sick child often accompany their families on daily hospital visits.

During these long days at the hospital, while their brother or sister is undergoing treatment, they are left to their own devices in waiting rooms. To help combat boredom during these long stretches of time, we want to encourage your group to create Backpack Buddies. Backpack Buddies are filled with supplies such as crayons, cards, and etc. for quiet activities. If interested in this project, please flip to page 7 for a more detailed explanation for the Backpack Buddy.

Host a “Pay Your Way for Dress Down Day”

If your school is a uniform school, talk to your principal or headmaster to see if your class or grade can sponsor a day where any student who brings in a dollar can come to school out of uniform.

Ronald McDonald House Club

By starting a Ronald McDonald House Club, you'll be bringing together other students who support in our mission and you'll be making a world of difference for the families who depend on us. Your support will help further all of our core programs. Please flip to page 8 for a more detailed explanation about starting your own Ronald McDonald House Club.

Lemonade Stand

Channel your inner entrepreneur! Set up a lemonade stand at your local farmers market, school, or in your neighborhood to sell drinks and snacks to support the Ronald McDonald House. LARMH will supply a collection box, and all other promotional materials. Volunteers will make lemonade, set their own prices and sell to members of their community. This is a great way to bring exposure to our mission and an exciting fundraiser effort!

Plant flowers in pots or planter boxes®

Your Club can make beautiful planter boxes or decorate individual pots, in which you can then plant flowers. Flowers and nature have a calming and relaxing ability that is cherished by our families. These flowers can be used to decorate the House so that the children can come 'home' from the hospital to a beautiful and colorful place.

Comfort Kits

When families arrive at Ronald McDonald House, they are stressed and nervous, unsure of what the future will hold. They could be coming to Los Angeles from anywhere around the world to seek treatment. You can make comfort kits for when they arrive. Families at the House need items such as toiletries (shampoo, conditioner, lotion, soap), hand sanitizer, wipes, and much more. Please flip to page 9 for a more detailed explanation .

Pull Tab Collecting

RMH Collects soda can "Pull tabs". You collect them, and we recycle them. This can be something that is done throughout the year. See page 10

Craft Packs

Create Crafts packs for the patients and siblings. These would be small art projects families can request so kids have something to work on and create. We house patients and siblings who spend a lot of time in the hospital and in house, these will be great individual projects that kids can do in their Hospital/house room. See page 11

Mail Kits

Who doesn't like receiving something in the mail? Create Letter writing kits for our families. Kits will include everything needed to send a letter or card back home. See page 12

Laundry Packs

Loads of laundry gets washed at our house on a daily basis. We provide our families with laundry detergent and dryer sheets. Help us help them by creating laundry packs with everything a family needs to get a load done. see page 12.

Snack Packs

Thank you for your interest in snack packs. These snack packs will be stored in our pantry. Our families have a long day, every day, from hospital and doctor visits. During these long days, it is hard to remember to eat a healthy meal and snack. With snack packs, our families will be able to grab them while on the go from hospital visits.

The bags can be filled with different snack foods. Bags are to be created off-site of the Ronald McDonald House. Ideally, there would be a minimum of 5 bags to drop off. Your group can schedule an appointment to drop off the snack packs, and have a tour of our facility.

Here are some guidelines while creating the snack packs:

- Please fill them with healthy, non-perishable snacks.
- All items within the bag must be pre-packaged.
- Please have at least two snack items in each bag.
- Check for expiration dates! Please no expired food.
- We encourage bags to be decorated (stickers, note cards, etc.)
- If food requires utensils, please provide them inside of the snack bag.

Here are some suggestions for snack pack items:

- | | |
|----------------|----------------|
| • Granola bars | • Popcorn |
| • Crackers | • Fruit cups |
| • Cookies | • Pudding cups |
| • Trail mix | • Nuts |
| • Dried fruit | • Pretzels |

When Decorating or including message card

- Please stay away from verbiage like "It will get better" as we do not know the severity of the patients diagnosis
- Please stay away from anything religious as we are non-denominational

Thank you again for your help in creating snack packs!

Welcome Blankets

Thank you for choosing to create Welcome Blankets! Our children love having something to call their own in our House.

These blankets should come in a range of colors and patterns! The child will then have the chance to pick a blanket that fits their own personality, no child will have a similar one. We recommend creating fleece blankets because they are a softer and warmer without being too heavy to carry.

Guidelines:

- Blankets should be created from new and clean fabrics.
- We encourage blankets with different patterns and colors.
- We recommended using two different fleece materials to create one blanket.
- The blanket should be 2 yards long.

Suggestion how to make a fleece blanket:

- Work on a large surface, either using the floor or table top to spread the fleece.
- A popular style is to have knots that surround the boarder of the blanket. To complete this look, you need to cut a 6" square from each corner. After the corners are cut, it is time to make cuts along the sides. An easy way to do this is to make a cut 6' long every 1' across the blanket. It is important to leave the blanket on flat on the surface while making all the cuts. If using two different fleece pieces, this is when you would tie each strand previously cut together.

Thank you for creating Welcome Blankets!

Backpack Buddy

Thank you for taking the time to create Backpack Buddies!

These will provide entertainment for the siblings during long days at the hospital. Each bag should be big enough to have a variety of activities inside. Since many of our siblings range in age, there should be backpacks for all age groups.

The bag should be large enough to hold all of the items. When filling the bags, try and think of objects you would love to have during a day at the hospital. Try and get creative!

Suggestions to fill the bags with:

- Coloring books
- Crayons/markers
- Playing cards
- Books
- Logic puzzle books
- Dolls
- Stress ball

Keep in mind that not all of our families are from America. Some of our families travel to us from other countries, and do not know how to read in English.

Thank you for creating a Backpack Buddy! Siblings here appreciate these thoughtful gifts!

Ronald McDonald House Club

Thank you for being so ambitious! Creating your very own Ronald McDonald House Club can be a lot of work, but it is fun and means so much to others.

Next, you will need to select individuals to run the club. Typically, you will want a president, vice president, treasurer, and marketing director. Then you are ready to start planning events. There are two types of events that can be successful. The first is a project event -- this is when your club is actively creating something to be donated. The second is fundraising -- this is when your club is trying to raise money.

Suggestions for project events:

- Plant flowers in pots or planter boxes
- Make welcome bags and care packages
- Create art, backpack buddies or welcome blanketst

Suggestions for fundraising events:

- Design your own donation boxes
- Sponsor a football game
- Hold a bake sale
- Host a carnival
- Host a "Pay Your Way for Dress Down Day"
- Pull tabs *see page 9

Remember to have fun with your new club!
We look forward to seeing what you come up with!

Comfort Kits

Thank you for choosing to provide Welcome bags. One less thing for our families to worry about is always so helpful. Families may not get a chance to pick up basic necessities rushing to the hospital. This will help them get through until they are able to provide for themselves

*You can use your own bags, preferably reusable grocery bags, or you can request up to 20 branded RMH bags to be filled with a "Prepared By" tag.

Bags should include:

- Reusable grocery bag
- Shampoo
- Toothbrush
- Conditioner
- Toothpaste
- Hand Sanitizer
- Floss
- Body wash / Soap
- Lotion

Fun stuff to include:

- Small Note pad and pen
- Activity book – Coloring / Game
- Children's book
- Toy
- Blanket
- Stuffed animal / Pillow

*Please no Play-doh or small pieces

Optional:

Gifts cards \$5-\$25 to Target, Vons, & or Visa

Prepared by tags:

- Name of organization/person who filled bag
- Can have a positive message behind tag
- Please stay away from verbiage like "It will get better" as we do not know the severity of the patients diagnosis
- Please stay away from anything religious as we are non-denominational

**Thank you for choosing to provide
Welcome bags. Our families really appreciate it**

Pull Tabs

Thank you for your interest in our "Pull tab" program. This is a simple way to give back to the house and it can be done though out the year. All proceeds from the pull tabs collected go right back to support the families and house.

This is a simple project that can be done either at school, with approval, or at home. You can invite your friends to join your efforts, or you can make it a challenge to see who collects the most tabs! You can even have a Pull tab receptacle decorating party, your friends bring their chosen receptacle and have fun decorating them.

Suggestions for Pull tab storage:

- Coffee can
- Milk jug/carton
- Gallon water bottle
- Wooden box
- Mason jar
- Glass cookie jar
- Piggy bank (with an opening at the bottom)
- Tupperware

**Have fun decorating your Pull tab jar/box, etc.
We look forward to seeing how much you can collect!**

Craft Packs

Thank you for creating Craft packs. Our families spend a lot of time in the hospital, which can be very boring for a patient or sibling. Thank you for creating these craft packs that our families can pick up and make when they are feeling inspired.

Craft packs should contain everything needed to complete the craft, with the exception of tools like scissors, or hole punchers, etc. Craft packs can come with some pre-assembled items if needed and each Crafts Pack should include instructions.

Everything should be in one ready to go bag

Guidelines:

- Must be individually packaged
- If requires instructions please include
- Please provide all supplies needed, glue, crayons, paint, etc. to complete craft
- Please list everything craft pack contains
- Remember we have children of all ages

Suggestions:

- Picture frames - Wooden Pic. frame, paint, colorful paper
- Finger Puppets - felt, yarn, markers, glue, etc..
- Greeting card - blank card, markers, paper glue, etc.
- Bracelets - Beads, Yarn/string, charms
- Wooden cars - nonpainted wooden car, paint, markers

Thank You for creating craft packs! Our kids are going to have so much fun!

Mail Kits

Being away from home is hard. By creating mail kits you help our families keep in touch with their loved ones in a personal way.

Guidlines:

- Individually wrapped
- Can also be a greeting card or postcard
- include multiple sheets of paper for letter writing
- Must include postage

Suggestions:

- Use fun stationary
- Themed kits
- Hand make greeting cards

Laundry Packs

Every night we house 75 families, that equals to a lot of loads of laundry. Help us help our families by giving them one less thing they need to worry about by providing laundry packs.

Need:

- Laundry Pods ***must be hypoallergenic**
- Snack size zip lock bags
- Dryer sheets
- Tide To Go Mini Instant Stain Remover (optional)

Directions:

Fill small snack bags with 2 tide pods, a few dryer sheets & Tide sticks, It is that simple and it is a huge help to our families.

Additional Info:

Pantry collection:

At LARMH we have an open pantry for our families that is supplied purely by donations. 75% of our families are low income, some have the added expense of traveling and they all have medical expenses to worry about. Help us help them by dropping off non-expired pantry items. For more info & lists of our needs, visit our website at:

<https://rmhcsc.org/losangeles/wishlist>

Holidays:

Holidays away from home are rough. Help us brighten our kids days by donating holiday themed gifts. I.E., Candy themed gifts or pumpkins for Halloween, Easter baskets for Easter, Candy grams/stuffed animals for Valentines, Mini Christmas trees or door wreaths for Christmas, etc.

***Must donate 75, one for each room**

Or help make our holidays festive by buying or making holiday decorations for the house. You are always welcome to drop off the decor, or come decorate our house personally (if 15 yrs or older).

***please schedule with Volunteer Coordinator**

Junior Leadership Board:

The Student Leadership Board is a group of committed young people who create meaningful avenues of support for families at the Los Angeles Ronald McDonald House. SLB members will learn and experience first-hand the different shapes that philanthropy can take by participating in structured activities that help them give of their time, talent and treasure. Operating as a team and focused on a goal larger than themselves, members will engage in meaningful service and fundraising activities while learning about the needs of a non-profit agency and thus preparing them for future philanthropy and/or professional or board service for charitable organizations. For more info visit our website.

<https://rmhcsc.org/losangeles/page/layouth>

The House relies heavily on the generosity of our volunteers to make it the special place that it is for so many families.

We want to thank you for helping our community!

If you have any questions, please contact
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