



**RMHC**  
Kansas City

# Off-site Volunteer Opportunities

**Thank you for investing in the lives of families.**

## Create Quick Meal Kits

Many families spend hours, months, and sometimes years at the hospital with their child. Being able to have access to a quick, warm meal can help families in a simple, yet impactful way. Please no canned items. Non-perishable food items only. Also 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.



### Item Suggestions:

Ramen Noodle Cups  
Cup of Soup  
Easy Mac Cups

Prego Ready Meals  
Bottled water  
Sweet treats

## Create Newborn Care Kits

Oftentimes, RMHC-KC serves as a baby's first "home away from home." It's also common that the families staying with us have their newborn unexpectedly and come to stay at the Houses or Ronald McDonald Family Room inside Children's Mercy Hospital without much warning. It's nice to have a kit to hand to families to celebrate their new addition and shower them with love!

### Here are some item suggestions:

Preemie & newborn clothing  
Baby toiletries  
Newborn receiving blankets  
Rattles & Teethers

Board books  
Burp cloths/bibs  
Newborn hats/socks  
Binkies & Pacifiers



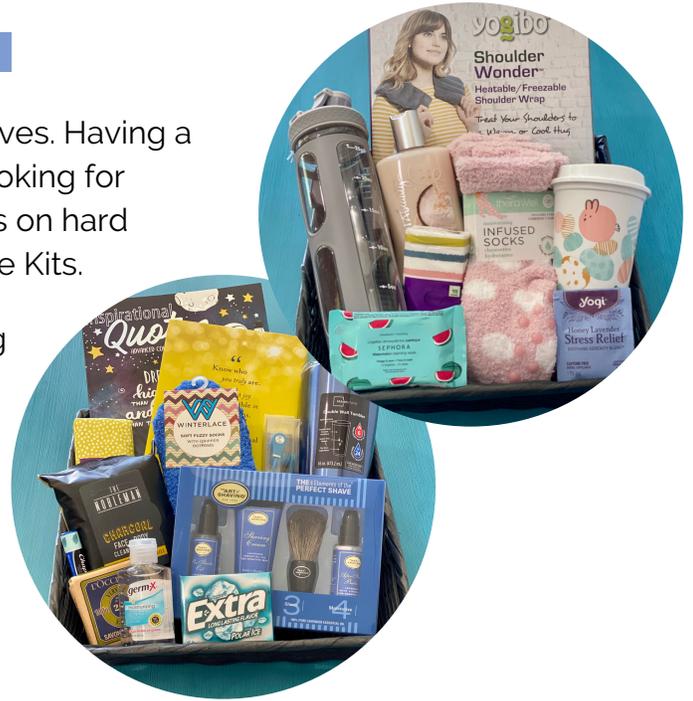
## Put together a Self-Care Kit

Parents and caregivers need to take care of themselves. Having a sick child can be extremely taxing. We are always looking for special opportunities that can bring smiles to parents on hard days. One easy way is by giving them these Self-Care Kits.

When buying items for these kits, think about getting gender specific items for both mom and dad. Here are some examples of kits previously made.

### Item Suggestions:

- |  |                 |
|--|-----------------|
| Beauty/skincare set  | Phone charger   |
| Headphones   | Fuzzy socks     |
| Adult coloring book  | Colored pencils |
| Travel mug/water bottle  | Playing cards   |
| The Roasterie Café gift card (located inside Children's Mercy) |                 |



## Snag something off our wish lists



If you want to make a BIG impact with little time, consider ordering something off of our wish list! We rely on generous donations from our community to stock the pantries and maintain the Houses and Family Room. Our wishlists contain food pantry goods, storage and paper items, cleaning supplies, linens and household items, personal care, family items, and office supplies.

Visit our RMHC-KC website or our Amazon wishlist to snag those items today!



<https://rmhckc.org/how-you-can-help/wish-lists/>

**For questions regarding these opportunities or to schedule your drop-off, email [guestrelations@rmhckc.org](mailto:guestrelations@rmhckc.org).**