



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:

Tuna Packets
Soup or Noodle Cups
Easy Mac Cups

Prego Ready Meals
Bottled Water
Rice Krispie Treat or Oreos



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!

Item suggestions:

Newborn clothing
Baby toiletries
Newborn receiving blankets
Rattles & Teethers
Breastfeeding Essentials

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



Make 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. Please include individually packaged, non-perishable items only.

Item Suggestions:

Bottled water	Skinny Pop Popcorn
Beef jerky stick	Trail Mix or Nuts
Pretzels or Chex Mix	Oreos or Chips Ahoy
Protein bar (Pure Protein, Clif Bars, Quest)	



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

amazon



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 [Amazon Wishlist](#) or [Target Wishlist](#) to snag those items today!

For questions regarding these opportunities or to schedule your drop-off, email guestrelations@rmhckc.org.