



Off-Site Volunteer Opportunities

Thank you for your support of the families staying at RMHC-KC! Kits can be packaged in any type of reusable tote bag, basket, gallon size Ziploc bag or brown paper sack.

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 meal can help families in a simple, yet impactful way. Please no canned items. Non-perishable food items only. Please use pre-packaged goods from a store in unopened containers and/or packages.

Item Suggestions:

Bottled Water

Soup or Noodle Cups
Tuna Packets

Shelf-stable Microwave Meals
Easy Mac Cups
Rice Krispie Treat or Oreos



Protein Snack Kits

Our families are on the go! Help us provide a healthy and filling snack that will keep our families fueled through a long day of appointments and/or procedures. Please include individually packaged, non-perishable items only.

Item Suggestions:

Bottled water

Beef jerky
Protein bar (Pure Protein, Clif Bars, Quest)

Individual peanut butter packet
Tuna packet
Trail mix
Dried fruit packs



Breakfast Kits

Help us provide a quick and easy breakfast option for our families who are heading out early in the morning for a long day at the hospital! Please include individually packaged, non-perishable items only.

Item Suggestions:

Bottled water

Belvita breakfast biscuits
Protein shake
Individual oatmeal cups

Individual cereal cups/boxes
Squeezable fruit pouch
Little Bites mini muffins



Adult 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.

Item Suggestions:

Bottled water
Food delivery gift card
(Grubhub or Doordash)
Beauty/skincare set
The Roasterie Café gift card
(located inside Children's Mercy)

Headphones
Phone charger
Travel mug/water bottle
Playing cards
Adult coloring book
Fuzzy socks



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



New Parent Kits

Help us show some extra love to the new moms and dads who are staying with us! Having a new baby is joyful and oftentimes a little bit hectic, especially when your baby requires additional medical care. Put together these kits to make life just a little easier for those new parents! We asked our families for feedback on what kind of items they would appreciate and here's what they said.



Item Suggestions:

Bottled water

Food delivery gift card
(Grubhub or Doordash)

Baby keepsake (such as a frame,
hand mold or ornament)

Cozy blanket

Pillow spray

Lotion

Gum

Small notepad and pen

Kleenex

Crossword puzzle

Get creative with kits

We love to see the creativity of our volunteers! We have seen volunteers make a variety of kits that bring a smile to the families in our Houses and Family Rooms. Groups have created Birthday Kits, Spa Kits, Movie Kits, Child Activity Kits, Adult Activity Kits and more! Contact our Guest Experience team (guestexperience@rmhckc.org). We'd love to hear about your ideas!

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.

amazon



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

