



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. We can offer 4 service hours for every 25 kits or 100 bulk items that are donated.

Donation Drive

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.



Visit our [Amazon Wishlist](#) today!

Top Ten Needs:

Ground coffee/creamer

Individual frozen meals

Jerky

Salty snacks (single-serve pringles, etc)

Microwavable meals

Paper Towels

Disinfectant Wipes

Liquid laundry detergent

Dryer sheets

Disposable coffee cups

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:

Dried fruit packs

Beef jerky

Protein bar (Pure Protein,

Clif Bars, Quest)

Individual peanut butter packet

Tuna packet

Trail mix

Protein shake



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:

Little Bites mini muffins
Belvita breakfast biscuits
Protein shake
Individual oatmeal cups

Individual cereal cups/boxes
Squeezable fruit pouch
Individually Packaged Cutlery

Kid-Friendly Snack Kit

Help us make sure our kiddos have the snacks they want most! We like to make sure we have healthy and tasty snacks on hand for patients and siblings who are staying with us. Please include individually packaged, non-perishable items only.

Item Suggestions:

Fruit snacks
Applesauce pouches
Peanut butter crackers
Goldfish, Cheez-Its, etc

Raisins
Pretzels
 pudding cups



Caregiver Kits

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. We also use these as birthday gifts!

Item Suggestions:

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

Headphones
Fuzzy socks
Travel mug/water bottle
Playing cards
Adult coloring/activity book
Small notepad & pen
Lotion



