



# 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

Salty Snack (Single serve Pringles)

Individually Packaged Cutlery

Shelf-stable Microwave Meals

Easy Mac Cups

Sweet Snack (Rice Krispie or Cookies)

## 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)

Individually Packaged Cutlery

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  
Individually Packaged Cutlery

## Caffeine Kits

Caffeine and warm beverages are a must when you have long days at the hospital! These kits make it easy for families to put together a drink to keep them caffeinated and hydrated throughout the day. Coffee cups, k-cups and ground coffee are often some of our most wanted wish list items.

Item Suggestions:

Disposable or reusable coffee cup and lid  
K-Cup, Hot Cocoa Packet or Tea Bag  
Mini individual size creamer  
Individual sugar or Splenda packet  
Stir stick



## Adult Self-Care 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.

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 RMHC-KC 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 Room. 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](mailto: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.

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