



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 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 10 Needs



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



Newborn Care Kits



10. *Journal of the American Medical Association*, 2000; 283: 2689-2693.

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 (questexperience@rmhckc.org). We'd love to hear about your ideas!