

Volunteer Onslow

2013 Volunteer Activities to do Onsite at Your Organization

Here is a list of projects that can be done at a company site:

Early Learning Activities Kits for Parents: The years from birth to five years are crucial in every child's development. These years are the building blocks for future success as children enter kindergarten and move forward in their school education. All children have four areas of development that need to be nurtured and enriched; cognitive, social/emotional, language/literacy and physical. Not all parents know about simple activities to promote growth in these areas, nor do they have the financial ability to buy the items needed to conduct the activities.

Volunteer Onslow has a list of activities for parents to do with their children. We can provide that to your group to put together a bag along with the items needed for the activities on the list. The activities require one or more of the following items: paper plates, glue, washable markers, empty egg carton, white paper, primary color paper, crayons, chalk, children's scissors, magnifying glass—any or all of these would be great. Volunteer Onslow staff will match you with an organization that will accept your donation.

Portions for Purpose: Want an easy volunteer project to do at your workplace and make a difference in the lives of low-income families at the same time? Have fun with your team members while you work downsizing large bags (25#) of beans and or rice into family-size portions (2 cups per bag) to be distributed to low-income families visiting a food shelf. Your team will provide the pinto beans and or rice and 2 quart reclosable plastic bags (like Ziploc®). These products can be purchased in bulk at a place like Sam's Club or through your corporate cafeteria food supplier. **In compliance with State of North Carolina Food Code, this project must be done in a licensed kitchen.** You will also need food handling gloves and hairnets. If you select this project, the Volunteer Onslow will team up with the closest food kitchen. Arrange for one of your team members to deliver the bags.

Volunteer Onslow staff can provide you with some talking points regarding hunger in the community so that you can respond to the inquiries. You could include signage about your project and information about the need for food shelf donations. What a great charitable contribution!

Calling All Sandwich Makers: Sandwich providers are needed to prepare meat and cheese sandwiches which are given to shelter guests for lunch. Providers must purchase the food items needed for the sandwiches - a minimum of 100 sandwiches is desired. Sandwiches should contain at least one slice of meat and one slice of cheese. Please use meats such as salami, ham, turkey, bologna or roast beef. Do not use tuna, chicken salad, peanut butter and jelly, or any other condiments. Each sandwich should be wrapped individually in a sandwich bag and placed back in the original bread bag for easy storage. Volunteer Onslow will provide you with a shelter who will take your sandwiches. Arrange for one of your team members to deliver them.

Approximate cost for 100 sandwiches:

1 loaf of bread = 32 slices/16 sandwiches. \$3.76 for two loaves - 7 loaves = \$15

1 lb. of lunch meat makes 16 sandwiches. 2/20 oz. packs turkey - \$7 x 3= \$21

American Cheese – 120 slices – 5 lbs. \$8

Sandwich bags – \$7

Food handling gloves

Hair nets, 100 per box cost about \$3.98 (4 cents each)

Total for 100 sandwiches: \$51

Creating personal portions of shampoo and/or lotion: Most shelters give out personal portions of shampoo to their clients, because they can't afford to give out an entire bottle. So the shelters need

volunteers to pour shampoo into small disposable containers. The company needs to buy the shampoo and small containers (called "soufflé' cups")—they are cheap and available at Sam's Club.

Approximate Costs: These 2 oz. containers come in boxes of 1,500—cups and lids sold separately and you need to purchase both. The cost is about \$12. A 64 oz. bottle of shampoo is \$8.

47 bottles required for 1,500 2 oz cups: \$376 for shampoo, \$12 containers

Total to provide shampoo for 1,500 people: \$388

Create Family Packets of Laundry Soap: Want an easy volunteer project to do at your workplace and make a difference for low-income families at the same time? Have fun with your team members while you package laundry soap into smaller containers to be distributed to families visiting your area food shelf. Your team will provide the dry laundry detergent and re-sealable plastic bags (like Ziploc®). Each bag needs to be labeled with permanent marker: "Laundry Soap—two loads." Additionally, each bag needs to have an insert with the name of the detergent, ingredient list and if noted, possible irritants such as bleach. This information can be found on the container and can be photocopied. Volunteer Onslow will provide you with information on the food shelf that will accept the donation. Please arrange for one of your team members to deliver them.

Approximate Costs: A 32.5 pound box of dry laundry detergent can be purchased at area discount stores for less than \$15 and will create 100 packages containing enough for two loads of clothes each.

Three boxes of detergent = \$45. Ziploc bags – 1 qt. double seal (300) = \$24

Total to provide 300 packets of laundry detergent: \$69

Animal Paper

And as strange as it sounds, Possomwood Acres needs toilet paper, kleenex, and paper towels -- these are used for the bottoms of cages and to "piddle" our babies. They are currently going through 2 rolls of toilet paper a day making sure the little guys don't "back up".

NABVETS

Deliver to NABVETS, which provides housing resources, food and support services to homeless veterans.

The meals include a meat and cheese sandwich, small packets of condiments, napkins, bottled water, individual bag of chips, and a granola bar.

Cost: approximately \$175 for this project

Make Someone Happy

Use your artistic talents to create greeting cards to send to seniors. A simple greeting card with an uplifting message will brighten their day. Most of the seniors are in nursing homes. A few Dos and Don'ts:

Please do not use neon-colored paper due to poor eyesight and write big for the same reason. Make the cards by folding an 8.5 sheet of paper (construction paper is nice or card stock, but it doesn't have to be that). Be as creative as you want. Use stamps, ribbons, etc. and write a great note to our seniors.

No-Sew Fleece Projects

Create scarves and or blankets. Volunteer Onslow has instructions. The volunteers provide the fabric and scissors. There are a number of agency programs across the nine-county area that accept this type of donation. Volunteer Onslow will work with you to find a great match.

Corporate Giving Garden

The ultimate on-site volunteer project! If your organization has green space available for a garden, employees that like to play in the dirt, and an interest in reducing hunger in the Twin Cities—consider this your project. By hosting a giving garden, companies provide a healthy way for employees to volunteer onsite while providing nutritional food to disadvantaged people in our community by donating fresh produce to local shelters or food shelves.

For more information on developing a giving garden at your company or if you need help locating a shelter or food shelf in your area to receive donated produce, contact Lauren Welch 910-938-4357
lwelch@uwonslow.org

Food Drive

How it Works...

The CHEW! Program assists children in our community by providing backpacks filled with child-friendly, easy to prepare meals over the weekend. Every week, volunteers from the community pack the backpacks, which are distributed to children on Friday and returned on Monday. Since its creation, schools across Onslow County have been looking to replicate this successful model.

Breakfast:

- Pop-tarts • Cereal
- Oatmeal • Complete Pancake Mix
- Instant Grits

Lunch:

- Canned Soup • Peanut Butter/Jelly
- Canned Meat • Ravioli/Spaghetti-o's
- Crackers • Canned Fruit

Dinner:

- Spaghetti/Sauce • Canned Veggies/Stews
- Macaroni and Cheese

You can drop off CHEW donations at United Way.

Food for Fuzzies

Want to do a food drive for local animals? Possomwood Acres is in need of food to help their fuzzy friends!

If you would like to help them, they need: apples, grapes, sweet potatoes, and leafy green lettuces. We also need sunflower seed, finch seed, and regular bird seed for the baby birds that will be arriving soon. Further information can be given on this project, if interested.

Bright Smiles Dental Drive & Assembly Project

Bright Smiles is aimed at improving the oral health of children ages 5 and under and their families.

Services reach children who are most at-risk for experiencing poor oral health and least able to access dental care, particularly families living in low-income circumstances, immigrants and refugees. Tooth decay is nearly 100 percent preventable, yet according to the U.S. Surgeon General, it's the single most common chronic childhood disease.

Conduct a product drive at your place of work. At the end of the drive gather volunteers to assemble the kits. Supplies can be placed in large re-sealable bags for ease in distribution. Volunteer Onslow will provide you with information on agencies that will accept this donation. Arrange for one of your team members to deliver them.

Put together dental supply kits:

Dental Supplies for Young Children

- Soft toothbrushes (appropriate for 1-5 years olds)
- **Children's** toothpaste (less fluoride and more appealing to young children)
- Children's dental floss (wild berry flavor is a favorite!)
- Wash cloth for wiping infants gums

Dental Supplies for Parents and Expectant Mothers

- Adult soft toothbrushes
- Large tubes of toothpaste
- Adult dental floss

Cash for Cans for Critter Chow

If you bring Possomwood Acres your aluminum cans (crushed preferred, but will accept uncrushed as well), they can turn them into cash to buy more animal feed and chow for our patients. This allows them to save limited funds for the medicines and other expenses that go along with their care.