

ON-SITE VOLUNTEERING PROJECT LIST

On-site volunteer projects are great for team building and help reinforce your organization's dedication to giving back to our community. United Way of the Capital Region provides projects in the areas of financial security, healthy community, youth opportunity and community resiliency.

- Projects are available year-round.
- Projects are typically completed in one hour.
- Projects can be done as employee drives, Amazon Wish List, or United Way can purchase items needed for your project(s) and invoice your organization.
- Many projects can include a volunteer component.
- Projects can be hosted at your organization's office or United Way's office.
- Projects can be self-facilitated with customized written instructions or United Way can provide on-site facilitation.
- Several projects offer the chance to include your logo to note your organization's donation.



For more information, contact Heidi Neuhaus at 717.732.0700 or by e-mail at hneuhaus@uwcr.org.

HEALTH AND HYGIENE KITS

Boo Boo/Health Kits* (year-round)

Items for these children's or family first aid kits can be purchased in bulk or collected through an employee drive and assembled into kits.

Dental Kits* (year-round)

Tooth brushes, tooth paste and dental floss can be purchased in bulk or collected through an employee drive and donated as is or assembled into kits.

Home Exercise Bag (year-round)

Items such as exercise journals and rubber resistance bands can be collected through an employee drive. Volunteers can decorate and assemble the bags.

Personal Hygiene Kits* (year-round)

Collect toiletry items and donate as is or assembled into full or mini kits. Items can also be collected through an employee drive. Volunteers can assemble them into bags with handwritten notes.

Shower Kits (year-round)

Trial-size toiletries can be purchased in bulk or collected through an employee drive. Items can be donated as is or assembled into single-use shower bags.

Summer Activity Bags (May-July)

Help children stay active when school is out with kits that include sidewalk chalk, water blasters and jump ropes. Items can be purchased in bulk or collected through an employee drive. Volunteers can make encouragement cards and assemble the bags.

Winter Care Kits (October-February)

Items such as lip balm, tissues and mittens can be purchased in bulk or collected through an employee drive. Volunteers can decorate and assemble the bags.

**Projects that are most needed year-round.*

EDUCATION/BOOK DRIVES

Book Drive (year-round)

Collect new and gently used children's books. Volunteers can make bookmarks to insert into each book, sort the books by levels, pack into boxes and label.

Going to Kindergarten Bags (July-August)

Send a child off to school with a book about kindergarten and activities. Volunteers can make bookworm bookmarks, decorate the bags and make decorated note cards for the children.

Stuff the Bus on Day of Caring (July-August)

Collect items for this school supply drive, which is held from late July to early September in conjunction with Day of Caring. This can be done as an on-site drive and all items can be dropped off at one of several sites on Day of Caring.



FOOD BAG/BOX PROJECTS

Breakfast Bags (May-August)

Nonperishable items such as cereal and fruit cups can be purchased in bulk or collected through an employee drive and assembled into kits.

Children's Birthday Gift Bags (year-round)

Items such as books and small unisex toys can be purchased in bulk or collected through an employee drive. Volunteers can create handmade cards as well as decorate and assemble the bags.

Healthy Shoebox Meals (year-round)

Collect the ingredients for a healthy meal for 4-6 people. Ingredients are all nonperishable and include items such as canned vegetables, beans, rice and fruit cups. A list of different meals and items needed will be provided. Meal boxes can be assembled individually or as a group. Volunteers can also make handmade encouragement cards to include in the box.

Holiday Meal in a Box (October-December)

Nonperishable items for a holiday meal can be collected through an employee drive and assembled into a holiday "meal in a box." Companies also have the option to include favorite holiday recipes and a card. ***This is our most needed project during the holiday season.***

Snack Bags for Children and Adults (year-round)

Nonperishable items such as granola bars and fruit snacks can be purchased in bulk or collected through an employee drive. Volunteers can assemble the bags and write encouragement cards.

CLOTHING/BASIC NEEDS ITEMS DRIVE

Hats, Gloves and Mittens Drive (October-February)

Collect items through an employee drive. Volunteers can sort, pack and label boxes and write notes to accompany each set collected.

Interview Kits (year-round)

Collect packs of thank you note cards, pens and a portfolio through an employee drive. Items can be assembled into a kit along with a note of encouragement for participants going on job interviews.

Laundry Kits (year-round)

Assemble 2-3 laundry pods and fabric softener sheets in a sandwich sized Ziploc baggie for those experiencing homelessness.