



## At-home Volunteer Projects *(updated 3/27)*

Questions about a project? Email [denise@kidsgiveback.org](mailto:denise@kidsgiveback.org)

### Food Donations

**MAKE SNACK PACKS CHILDREN SERVED BY [FACETS](#). PUT THESE ITEMS IN A ZIPLOC BAG:**

- Granola bars
- Tuna packs
- Puddings or apple sauce
- Crackers
- Juice or small water bottle
- Waters
- Pretzels or chips

Contact me and I'll deliver them.

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**MAKE BROWN-BAG LUNCHES FOR [GRACE DC HOMELESS PROJECT](#)**

The lunches include:

- Tuna or chicken
- Granola bar
- Pretzels/chips
- Water
- Note of encouragement

[Sign-up here.](#)

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**FILL SNACK PACKS FOR THE [PHILLIPS PROGRAM](#) FOR FAMILIES AND CHILDREN**

This is a private, nonprofit organization serving over 500 children and their families in the Washington metropolitan area.

**Place one of each of following items in a Ziploc bag:**

- Trail mix



- Apple sauce or pudding
- Tuna fish in foil packs
- Peanut butter crackers
- Fruit cups in juice
- Instant soup or instant oatmeal
- Friendly note/have a good day, you are loved, etc.

Contact me and I'll deliver them.

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### **VOLUNTEER TO MAKE A MEAL FOR NORTHERN VIRGINIA FAMILY SERVICE**

NVFS helps families in need. Kids Give Back is coordinating a meal for 45 families and will deliver it on April 19. The meal includes protein, vegetables, salad, fruit, water/juice and paper products. No desserts.

If you are interested in donating an item to the meal, email [denise@kidsgiveback.org](mailto:denise@kidsgiveback.org). Or, reach out to Julie Martinez [jmartinez@nvfs.org](mailto:jmartinez@nvfs.org), to coordinate a meal delivery of your own.

### *Card Donations*

#### **MAKE CARDS FOR [COLOR A SMILE](#)**

**Color A Smile** is a nonprofit organization that distributes cheerful drawings to senior citizens, our troops overseas, and anyone in need of a smile. Every month we mail thousands of new drawings to all the people on our mailing list. School children, scouting troops, and anyone of any age, can volunteer to color and help us spread smiles.

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#### **CREATE A HOME-MADE CARD OR LETTER AND MAIL TO FRIENDS AND FAMILY**



## Fleece Blankets

### MAKE BLANKETS FOR PROJECT LINUS

These blankets will be distributed to hospitalized children. There are several [patterns on their website](#), including [no-sew fleece](#) which are easy for children. I can collect them and drop-off in Northern Virginia.

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### MAKE BLANKETS FOR ANIMALS TAKEN CARE OF BY HOMEWARD TRAILS ANIMAL RESCUE

Homeward Trails Animal Rescue is a non-profit 501(c)(3) organization that provides pet adoption in Virginia, Washington, DC and Maryland. We find homes for dogs and cats rescued from low-income, rural animal shelters or whose owners can no longer care for them.

Fleece blankets are 24"x42". Tie two pieces together using directions [similar to these](#).

## Animal Shelter Donations

### MAKE ITEMS FOR THE ALEXANDRIA ANIMAL WELFARE LEAGUE

There are several ideas [on their website](#), including pet toys, reusable bags and more.

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### MAKE ITEMS FOR THE FAIRFAX COUNTY ANIMAL SHELTER

There are several ideas [on their website](#), including a snuffle mat, cat toys, and interactive treat toy, coloring ping-pong balls and more.

*See Fleece Blankets for Homeward Trails Animal Shelter's needs.*

# KIDS GIVE BACK<sup>SM</sup>

## Zero to-Low-Cost Ideas

1. Call or video chat with a family member or friend who you haven't talked to in a while.
2. Use chalk to decorate your sidewalk with pictures and quotes that make people smile
3. Send an email, text, card or video to your teacher
4. Record yourself doing one of your talents—signing, dancing, gymnastics, painting, etc. and share with a friend or family member
5. Cook or bake for your family or friends
6. Write a poem for a friend or family member
7. Start “Thoughtful Thursdays”, where you do an act of kindness for someone on Thursday
8. Paint Friendship rocks and leave them outside on a trail for others to enjoy
9. Make [giant paper flowers](#) to decorate your house or to give to a friend

