



RONALD McDONALD  
HOUSE CHARITIES  
of Central Florida, Inc.



# Group Volunteer Opportunities

## CONTACT US

Other Opportunities may be available including a group 'Spring Cleaning' or scheduling a group activity or special performance for the Families at RMH.

If interested call our Volunteer Manager at 407.206.0957 ext. 107. Otherwise, please contact our Houses directly...

Ronald McDonald House on the campus of Arnold Palmer Medical Center  
1630 Kuhl Avenue  
Orlando, FL 32806  
407.581.1289

Ronald McDonald House on the campus of Walt Disney Pavilion at Florida Hospital for Children  
2201 Alden Road  
Orlando, FL 32803  
407.898.6127



## Share-A-Meal:

Families need and look forward to a well-balanced meal after a long day at the hospital. Now, more than ever, we need your help! Our goal is to provide a meal every day of the week for our guests. You can help us by either cooking a meal at the House in our spacious kitchen, or by preparing a meal in your home and delivering it in disposable pans. Groups or individuals cooking in our kitchen should bring all ingredients for their meal with them. They are invited to stay and serve the meal if they desire to do so, but it is not necessary. *\*To schedule a Meal call RMH - Florida Hospital at 407.898.6127 or RMH - Arnold Palmer Hospital at 407.581.1289*

## Wish List (we are always in need of the following items):

- Dish Soap/Laundry Detergent
- Disinfecting/Cleaning Wipes
- Swiffer/Wet Mop Pads
- Umbrellas
- Toilet Paper/Paper Towels
- Phone/Gift Cards (grocery, target, restaurants, movie theatre)
- Ziploc Bags
- Cereals & Snacks (individual sizes only)
- Frozen Food Items (complete meals, frozen pizzas)
- 13 Gallon Trash Bags
- Antibacterial Shower liners
- Pillows
- Powdered bleach cleaners: Comet/Ajax

## Family Story Cards:

Is your group interested in a fun and creative project? Help us capture unique and touching stories and expressions of gratitude from families staying at the Ronald McDonald House by designing and decorating cards. Art supplies such as colored construction paper, scrapbooking paper, markers, crayons and colored pencils, glue sticks, glitter glue, foamies, assorted stickers, scissors are always appreciated!

## Comfort Kits:

Help us provide families with a little extra comfort!

- Idea #1: Wrap a new towel set (bath towel, hand towel, face cloth) in a ribbon or a gift bag. Include a note of encouragement.
- Idea #2: Wrap a new bath robe and slippers in a ribbon or gift bag. Include a note of encouragement.
- Idea #3: Make a 'goodie bag' with a variety of candies, gum, sunscreen, instant hand sanitizer, mints, disposable camera, playing cards, crossword puzzle, pens, etc. Package items neatly and include a note of encouragement. PLEASE, DO NOT INCLUDE ANY TYPE OF MEDICATIONS.

## Toiletry Kits:

Give someone a smile! Create a toiletry kit with a personal touch. These kits are placed in each bedroom for families to use during their stay at the House. To prepare a kit, please use the following guidelines: Kits should be neatly wrapped in transparent wrap and gathered at the top with ribbon, string or twist tie. You can include a handwritten note to attach to the bag (children's handwriting is also welcomed). Examples: "Someone Cares For You" or use encouraging words, such as: "Hope" or "Peace."

- Priority Contents for toiletry kits are (travel sizes only): Shampoo, Conditioner, Lotion, Bath Soap
- Additional Contents: Mouthwash, Toothbrush and Toothpaste, Razor & Shaving Cream, Deodorant