

UNITED WAY OF THE CAPITAL REGION ON-SITE VOLUNTEER PROJECT LIST

LIVE UNITED

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 health, education, workforce development and basic needs.

- All projects can be done as employee drives.
- Amazon Wish List options are available.
- Many projects can also include a volunteering component.
- Projects are typically completed in one hour.
- Written instructions and customized flyers will be provided.
- United Way's Volunteer Center can purchase items needed for your project(s) and invoice your company.
- Several projects offer the chance to include your logo, noting your organization's donation.



HEALTH AND HYGIENE KITS - *Volunteering & Logo Opportunities*

Boo Boo/Health Kits

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

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.

Feel Better Bags

Items such as cans of soup and tissues can be purchased in bulk or collected through an employee drive. Volunteers can decorate and assemble the bags.

Home Exercise Bag

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

Collect toiletry items and donate as is or assembled into kits.

Shower Kits

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.

Winter Care Kits

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.

FOOD BAG/BOX PROJECTS - *Volunteering & Logo Opportunities*

Birthday Gift Bags

Items such as cake mix and small unisex toys can be purchased in bulk or collected through an employee drive. Volunteers can also decorate and assemble the bags.

Breakfast Bags

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 Snack Bags

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

Healthy Shoebox Meals

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.

Holiday Meal in a Box

Nonperishable items for a holiday meal can be collected through an employee drive and assembled into a holiday "meal in a box."

Milestone Celebration/Appreciation Bags

Items such as cake mix and frosting can be purchased in bulk or collected through an employee drive. Volunteers can decorate and assemble the bags and include a handmade congratulations card.

EDUCATION/BOOK DRIVES

Book Drive

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. ***Volunteer component. Logo opportunity.***

Stuff the Bus on Day of Caring

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.

CLOTHING/BASIC NEEDS ITEMS DRIVE

Blanket Drive

Collect new and gently used blankets through an employee drive.

Coat Drive

Collect new and gently used coats (adult or child size) through an employee drive.

First Impression Kits

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. ***Volunteer component. Logo opportunity.***

Hats, Gloves and Mittens Drive

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

Laundry Kits: Assemble 2-3 laundry pods and fabric softener sheets in a sandwich sized Ziploc baggie for those experiencing homelessness. ***Volunteer component. Logo opportunity.***