



Virtual Volunteer Opportunities

Healthy Snack Kits for Kids

Make sure students have healthy snacks to start the school year off strong! Set a snack kit goal with your team of volunteers and build kits during lunch hour, during an in-office day or from home! Please pack each kit in a sealable Ziplock bag. Here are snack items that you can include:

- [Granola bars](#)
- [Veggie-based chips](#)
- [Sweet potato fry chips](#)
- [Pretzels](#)
- [Clif Bars](#)
- [RIND fruit](#)
- [KIND fruit bars](#)
- [Crispy Green dried fruit](#)

Newborn Kit Building

Mary's Center serves thousands of infants and their mothers every year. To make the transition to parenthood easier for our new parents, we offer newborn kits during their appointments. Some items that are useful for the families include bibs, onesies, toiletries, baby carriers, diapers, pull-ups, wipes, sanitary napkins, toothbrushes, soap, baby hats, and teething rings.

Want to make newborn kits today? Here is a sample list of items to include in each kit that you can ship to your office or home:

- [15 Newborn-size diapers](#) \$6
- [1 pack of wipes](#) \$3
- [1 Baby key toy](#) \$6
- [3 pairs of 0-3 month socks](#) \$4
- [1 baby cap](#) \$4

Hygiene Kits

By donating and building hygiene kits, your impact will empower individuals to retain their dignity with good hygiene and maintain their health through the pandemic! Build hygiene kits with some or all the following items:

- Shampoo/Conditioner
- Toothbrushes and toothpaste
- Soap or shower gel
- Shaving cream and razors
- Comb

- Deodorant
- Hand Sanitizer

Estimated cost per hygiene kit: \$15

Senior House Cleaning Kits

Many Mary's Center senior participants are homebound and do not have easy access to basic household cleaning items. Build a cleaning kit for our seniors with some or all the following items:

- Dishwasher detergent
- Lysol spray
- Paper towels
- Sponges
- Dishwashing soap
- Trash can
- Kitchen trash bags

Estimated cost per kit: \$25

Family Activity Baskets

Provide families with the opportunity to spend quality time together. Prepare a basket filled with creative activities with your favorite games, foods, and gift cards that can be shared with the whole family.

Suggested items include:

- Board games, playing cards, or dominoes
- Family-friendly book
- Art supplies (markers, pen, stickers, construction paper, etc.)
- Snacks (popcorn, chips, cookies, trail mix, etc.)

Estimated cost per basket: \$30

Blanket Makers

No-sew blankets are great to make as a group or individually. Help keep a participant warm year-round with a fleece blanket! [Check out these easy step-by-step instructions!](#)

Meaningful Message Cards

Looking for a fun and creative project to do at home and make a difference throughout the year? Create cards with inspirational messages for Mary's Center participants. Mary's Center serves 65,000 participants every year, including Washington, D.C.'s and Maryland's underserved families, newly arrived immigrants, pregnant women, and new mothers. A card from a volunteer goes a long way in uplifting participants' spirits as they navigate challenging times.

Healthcare Superhero Cards

Mary's Center's mission is to provide holistic health care to all participants, and we cannot do that without our wonderful health care providers who work every day to meet the needs of the region's most underserved families. Thank a Mary's Center health care provider for being a Superhero! We can provide detailed card writing instructions and you are welcome to be as creative as possible to show gratitude to Mary's Center staff.

Holiday Drive Greeting Cards

Each year, Mary's Center hosts a Thanksgiving food drive and a Holiday toy drive. When a family receives their meal or a toy, it is nice to accompany each gift with a friendly greeting card created by a volunteer! This opportunity can involve the whole family from the comfort of your home. Feel free to gather your friends, children and anyone you know to join in writing cards to Mary's Center's most underserved families this holiday season!