

United Way of Rockland County (UWRC) Spring Days of Caring- April 18th through May 6, 2022



1) **Participate in an on-site local volunteer opportunity** such as a community clean-up, food distribution/pantry assistance, painting, planting shrubs/flowers and much more at a local nonprofit in Rockland.

2) **Assemble kits or make items to donate to local nonprofits.**

- Assemble **Healthy Living Kits** for people of all ages with activities that educate about nutrition, exercise, stress and the importance of drinking water.
- Assemble **Financial Literacy Kits** for teenagers and adults covering key areas of budgeting, savings, investing, banking services, credit cards, loans, FICO score and more.
- Assemble **Early Learning Activity Kits** for children containing coloring books, books, crayons, and card games.
- Assemble **COVID-19 Personal Safety Kits** containing a face mask, hand sanitizer, tips for staying safe and vaccine information.
- Make **no-sew fleece blankets** for children in need.
- Make a **no-sew produce bag** out of gently used t-shirts.
- Make **no-sew tote bags** out of gently used t-shirts.
- Make **no-sew doggie chews** out of gently used t-shirts.

3) **Hold a donation drive on-site or remotely for new children's books, cleaning supplies or hygiene products.** Volunteers can donate and encourage their network of family, friends, neighbors, and co-workers to do the same. People can buy donations online or in-person and have them delivered, or drop them off to a pre-determined location.

4) **Make cards of encouragement** for isolated senior citizens, sick children or other vulnerable groups of people.