

Volunteer Opportunities for Individuals and Groups

Ronald McDonald House

1441 Pleasant Street Des Moines, Iowa 50314 Phone: 515-243-2111

E-mail: dsmrmh@radiks.net Web site: www.rmhdsmoines.org

♥ Meals

Provide dinner for our families. Food can be brought in or prepared at Ronald McDonald House. This can be done on a one time or monthly basis.

♥ Baking

Treat families to brownies or cookies. Bring in something you've made or use our kitchen to bake up something special.

♥ Special events

Help with one of our fundraisers during the year that benefit Ronald McDonald House or donate an auction item.

♥ Cleaning

Come on in and clean the house. This can be done on a one time or weekly basis. Instructions will be provided.

♥ Adopt-a-room

Update one of the bedrooms with new paint, bedspreads, and curtains. Add some other items to make it complete.

♥ Pop tabs

Collect aluminum pop tabs to be recycled. Help the environment and the house. Bring your full container of pop tabs to the house.

♥ Maintenance

Paint a room, install a fan, or do any of a number of maintenance tasks that need to be done around the house to make it a home away from home.

♥ Relief help

Provide relief help for vacations, holidays, or weekends. The need varies from a few hours to a weekend. Training is provided.

♥ Landscaping

Plant and water flowers, pull weeds and rake leaves. Help our yard look great for families staying at the house.

♥ Baskets

Assemble baskets of personal care items. These baskets are placed in each room for the convenience of our families.

♥ Holidays

Make Thanksgiving decorations for the doors. Bring in Valentine cookies or provide Easter baskets for the families.

♥ Wish list

Collect items needed by the house such as canned food and paper products at your school, church, or business. We'll provide a list of needed items.

Volunteers under 18 must be accompanied by an adult