10 Mays TO VOUNTEER THIS HOLIDAY SEASON and why

SPONSOR A FAMILY IN NEED

Family-to-Family.org

Everyone deserves a holiday meal. Family-to-Family helps feed a family that doesn't have the means to do so during the holidays. Your family can donate money, start a food drive, or collect for a family in need.

VOLUNTEER AT FOODBANK Feeding America

Connect with a local food bank and volunteer time to get a meal or two to someone in need. Your family can volunteer together or work as a team to collect non-perishable items around your community or church.

MAKE CARDS FOR A SENIOR

Meals on Wheels

Home food delivery services such as those provided by Meals on Wheels are for people who don't have enough to eat. Volunteer to distribute food or have your children make cards for seniors who receive daily meals.

HELP THE HOMELESS NationalHomeless.org

The National Coalition for the Homeless offers many ways to serve the homeless in your community, including serving food, building homes and skills training. Your family can take the online skills training together to learn how to volunteer in your area.

RING THE BELL Salvation Army

Sign up to join the volunteering efforts at your local Salvation Army. Whether donating goods and money or being a holiday bell ringer, it's a great way to get in the holiday spirit.

HELP FAMILIES AFTER A DISASTER The American Red Cross

Reach out to your local Red Cross office to learn about activities that are available to help through the many opportunities offered by the Red Cross. If you and your family aren't available for a blood drive, take the role finder quiz, which will match you with an opportunity that fits your skills. Volunteering during the holiday season is a great way to teach kids about their community, gratitude, and serving others.

Don't take our word for it. <u>Feeding America</u> lists the five most significant benefits of volunteering. All have positive impacts on the brain and overall health:

- Longer life
- More family time together
- Kids who volunteer are less likely to use drugs and more likely to have better grades
- The whole family will be happier
- You'll start to feel efficient

These 10 volunteer

opportunities are great for families, scouting groups, couples, and individuals to learn more about teamwork and to give back to the community.



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VOLUNTEER AT ANIMAL SHELTERS <u>SPCA</u>

A great way to connect with animals is to volunteer at an animal shelter, particularly if you're an animal lover. The SPCA relies on hundreds of volunteers in its shelters each year. Your family can even sign up to foster an animal. The organization offers age-appropriate volunteer opportunities for kids as young as 10 years old.

REMEMBER THE MILITARY Operation Gratitude

Write cards or compile a care package to send to someone serving overseas. Your family can also volunteer at an event or create hand-made items that will be lovingly packaged and sent to a servicemember who can't be with their own family during the holiday season.

TOYS FOR CHILDREN Toys For Tots

One of the best ways to donate gifts for young children is to find a local Toys for Tots dropoff box. Many businesses have started accepting donations, and if your family owns a business, you can apply to become a dropoff location.

BE MATCHED WITH AN

ORGANIZATION

Volunteer Match

If none of these ideas feel "just right" for your family, that's OK! Visit Volunteer Match to find an opportunity in your community. It might be as simple as making cards for a local retirement home or helping a diaper drive for a women's center.

