

CHEART OF FLORIDA UNITED WAY CHOOL COLUMN TERMS OF THE COLUMN TERM





BASICS BABIES

OCTOBER - DECEMBER

Did you know that up to 30% of new parents are not able to afford enough diapers to change their babies as often as needed? A recent study found that as many as one in three families had to cut back significantly on food, childcare, or utilities just to afford diapers for their newborn. Can you imagine not being able to provide your child with the items they need to grow?

At Heart of Florida United Way, we believe that every baby deserves a healthy start. That's why we are hosting a unique volunteer opportunity for your workplace, social group, or place of worship to adopt this holiday season.

Join us and host a "Basics for Babies" infant care supply drive! Throughout October, November, and December, United Way is asking the community to collect various items.

ITEMS NEEDED

Diapers
Wipes
Formula
New Infant Apparel
New Blankets

We are keeping our requested list small to make sure these new parents get the necessary items they really need to give their baby a healthy start in life. Please note that for safety reasons we are unable to accommodate used cribs/car seats.

HOSTING A DRIVE

You can schedule your drive for any time you like throughout the next few months. Collect the items at your workplace or home, and then drop them off at Heart of Florida United Way, 1940 Traylor Blvd, Orlando FL 32804, on December 7-9, 2015.

Once all of the items have been collected, we will then distribute them to our partner agencies who assist moms and babies in need all over Central Florida, including single mothers living in domestic violence shelters and at-risk teen parents.

QUESTIONS?

Have a question? Need an earlier drop off date? Please contact:

Jessica Schwendeman, Corporate Volunteer Manager Jessica.Schwendeman@HFUW.org or 407-429-2136

With your help, we can put 1,000 newborns in our community to bed with a full tummy and dry diaper this holiday season.

THANK YOU!





A Heart of Florida United Way Guide to Holiday Giving & Volunteering 2015

Thank you for your interest in making a difference in our community during the holiday season! The Heart of Florida United Way Guide to Giving & Volunteering is compiled by the Volunteer Resource Center from the responses to a holiday needs survey distributed to hundreds of nonprofit agencies and organizations in the Central Florida area.

This guide is divided into United Way's four Investing in Results areas (each in alphabetical order by organization name):

- 1. Building Safe Communities through Education
- 2. Developing Healthy Children and Families
- Alleviating Hunger and Homelessness
- 4. Improving Financial Stability

Each organization will have at least one of the following types of opportunities:

Holiday Donation Needs (Wish List) — item donations that directly support the operations of the nonprofit agency like office supplies or serve the needs of the agency's clients (e.g. canned goods, toys, new clothing, etc.). This type of opportunity is great for companies, student groups or individuals of all ages who may hold a donation drive at work, school or home.

Holiday Volunteer Meal Opportunities – direct service opportunities for individuals or groups interested in providing and/or serving meals to those in need. This may include serving lunch at a homeless shelter or having a group of volunteers provide and prepare food at an afterschool program. Please note: Many of these types of opportunities require the volunteer(s) to purchase the food or provide a financial contribution to the agency.

Holiday Volunteer Opportunities – all other types of volunteer activities. They may include staffing a special one-time event or providing general assistance with the everyday needs of an organization.

Holiday "Adopt-A" List —opportunities for individuals, families or organizations who want to help others in need, but who are unable to dedicate the time to serve in person. "Adopt-A" opportunities provide a way for you to support a child, family, senior or student with either a financial contribution or specific request (such as toys).

When you find an opportunity you like, **please call that agency directly** to begin your holiday giving and volunteering. The contact person at the agency will provide you with more details, such as the number of items needed, sizes and age appropriateness. **Please be sure to mention that you read about their needs in "United Way's Guide to Holiday Giving and Volunteering!"**

Some Tips on Holiday Giving

- When making donations during the holidays, please keep in mind that your donations are used to provide gifts to agency
 clients such as toys, clothing and other donated goods. All items should be new.
- Please remember to contact the agency directly before you begin a drive or a volunteer project on their behalf; the
 agency's needs may have changed.
- Some agencies have Adopt-a-Family (or client, child or elder) programs. Agencies vary on policies regarding whether or not the donors will meet the recipients. In some instances, because of issues like anonymity or family privacy, delivery is made by agency personnel only. In other cases, donors may be asked to meet the family at the agency.
- Please keep in mind that agencies are often overwhelmed during the holiday season; please be patient and respect their wishes
- Remember: the holiday season comes only once a year, but volunteer opportunities are available and needed all year long. The best holiday gift that you can give our community is your steady commitment to service. Please visit www.hfuw.org to learn more about year-round needs right here in Central Florida.
- This guide will be available at HFUW.org throughout the Holiday season. Please consider the environment before printing.

For questions about this guide, please contact: Ashley Pruitt, Community Volunteer Manager (407) 849-2372 or Volunteer.Center@hfuw.org



LIVE UNITED Through the Holidays: A Heart of Florida United Way Guide to Holiday Giving & Volunteering 2015

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Note: A listing with this symbol indicates that the agency is a Heart of Florida United Way partner agency. Inclusion in this guide has been made available to any legal, nonprofit organization in the tri-county area that chose to submit their needs. Their inclusion does not constitute a representation, warranty or endorsement with respect to the competence, suitability or reliability of such organization or person by Heart of Florida United Way or Heart of Florida United Way's Volunteer Resource Center.



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Building Safe Communities through Education

AMIkids Orlando

www.amikids.org 1461 S. Lake Pleasant Road Apopka, FL 32703 **Phone:** (407) 886-5405

Contact: Wanda Walker, Executive Director

Email: Orlando-ED@amikids.org

Mission: AMIkids is a non-profit organization dedicated to helping youth develop into responsible and productive citizens. AMIkids' mission is to protect public safety and positively impact as many youth as possible through the efforts of a diverse and innovative staff. AMIkids works in partnership with youth agencies, local communities and

Holiday Donation Needs: Turkeys, hams or any Thanksgiving sides to prepare meals for families.

Holiday Volunteer Meal Opportunities: Serve and/or prepare meals for Thanksgiving dinner on Friday, November 20, 11am. Prepared dishes can be brought prior to 11am.

Holiday "Adopt-A" Opportunities: Adopt-A-Student by providing a gift for Christmas. Contact to select a student and receive their wish list.

Big Brothers Big Sisters of Central Florida

www.bbbscfl.org 807 S. Orlando Avenue Suite R Winter Park, FL 32789

Phone: (407) 478-2996

Contact: Michael Andriano, Executive Director

Email: mandriano@bbbscfl.org

Mission: To provide children facing adversity with strong and enduring professionally supported one-to-one relationships that change their lives for the better forever.

relationships that change their lives for the better forever.

Holiday Donation Needs: Holiday Gift-A-Way Party on December 12: unwrapped gifts for boys and girls ages 6-17. All gifts can be brought to 807 S. Orlando Ave. Suite R, Winter Park, FL, Monday-Friday between the hours of 9am-5pm. Monetary donations can be mailed to the above address or given online at: www.bbbscfl.org. Unwrapped gift donation deadline is Friday, December 4, 2015.



Boys and Girls Club of Central Florida

www.bgccf.org 101 East Colonial Drive Orlando, FL 32803 **Phone:** (407) 841-6855

Contact: Shannon Yohe, Volunteer Manager

Email: syohe@bgccf.org

Mission: To inspire and enable all youth, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible, caring citizens.

Holiday Donation Needs: Presents for ages 12-18, wrapping paper, Christmas trees and tree decorations no later than December 4.

Holiday Volunteer Meal Opportunities: Providing and serving a snack or meal to Club Members. This requires food to be purchased or prepared by the volunteers.







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Holiday Volunteer Needs: Host a holiday party for a Club, set up and clean up at holiday parties, present wrapping or decorate the Club for the holidays.

Holiday "Adopt-A" Opportunities: Adopt-A-Family by providing less fortunate families with presents or a holiday dinner. Please contact Jeronda Hill at Jhill@bgccf.org for more information. Adopt-A-Club by providing them with items used daily such as arts supplies, games, school supplies, athletic equipment, or educational software and games. Items may vary depending on Club.



Fern Creek Elementary School Foundation

www.ferncreekfoundation.org 1121 North Fern Creek Avenue Orlando, FL 32803 **Phone:** (407) 222-4761

Contact: Holly Vanture, Executive Director

Email: holly.vanture@ocps.net

Mission: The mission of the Fern Creek Foundation is to foster strong programs and community partnerships that

empower students and eliminate barriers to success.

Holiday Donation Needs:

Girls and Boys Clothing:

- Girls and Boys Underwear (New, sizes small to extra-large)
- Girls and Boys Socks (New, sizes small to extra-large)
- Girls and Boys Tennis Shoes (New, sizes 5 and up)

Food:

- Granola and fruit bars
- Soup with meat
- Fruit snacks
- Peanut butter
- Single macaroni and cheese
- Boxed milk
- Canned fruit
- Canned ravioli
- Canned vegetables

These kid-friendly items will be sent home over the Thanksgiving and winter breaks to ensure students have access to food over long breaks (90% of our students are on free/reduced lunch).

Iglesia Beula Isaias 62:4 Corp. and Pastora Beula Academy

www.beulaacademy.com 13 East Cypress Street Winter Garden, FL 34787

Phone: (321) 418-4904





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Contact: Maria Cora-Cruz, Church Secretary, Co-owner of Academy, Volunteer Helper

Email: beulaacademy@aol.com

Mission: Our objective/mission is to help our community and win many souls for the Lord. Our Mission as an Academy is to help the children in our community with their educational needs and to make sure they know the importance of their educational needs. We have helped out the community during 2015 by giving out boxes of food, and toys for the children.

Holiday Donation Needs:

Donation Needs for Thanksgiving: Canned goods or any food that can be provided to families in great need throughout the community. Deadline for canned goods is November 20.

Donation Needs for December: New or gently used toys and clothing for children of all sizes. Deadline for toys and clothing is December 18.

Wish List: The Academy is in need of new or used laptops.

PACE-Orange County

www.pacecenter.org/centers/orange 445 N Wymore Road Winter Park, FL 32789 **Phone:** (407) 992-0456 x 4907

Contact: Mona Major

Email: Mona.major2@pacecenter.org

Mission: PACE provides girls and young women an opportunity for a better future through education, counseling,

training and advocacy.

Holiday "Adopt-A" Opportunities: We have many families in need of a nourishing meal. For more information and to find out ways you can help, please contact PACE directly.

Welbourne Avenue Nursery & Kindergarten, Inc.

www.welbourneavenuenursery.org 450 W Welbourne Avenue Winter Park, FL 32789

Phone: (407) 644-5885

Contact: Cynthia Holt, Administrative Assistant

Email: welbank@embargmail.com

Mission: To serve culturally diverse families by providing high quality education and affordable child care in a loving,

safe and nurturing environment.

Holiday Donation Needs: Toys, clothes, shoes, gift cards, Christmas decorations and food. Host a toy drive at your organization or business. Host a supply drive at your business for our school (example: Kleenex, construction paper, tissue paper, paint, art, crafts). Gift cards for teacher incentives. Donations are to be received no later than December 18.

Holiday Volunteer Meal Opportunities: Volunteers are needed to help with the Annual Thanksgiving Luncheon. The luncheon will be Thursday, November 19, 2015. Volunteer opportunities are between the hours of 10am – 12pm.

Holiday Volunteer Needs: Volunteers are needed to help on December 15, 2015 (Holiday Party) to help with arts, holiday crafts and cookie decorating. Please contact for details.

Holiday "Adopt-A" Opportunities: Adopt a child. Suggestions include: gift cards for groceries or to stores such as Wal-Mart or Target, individual toys and gifts or food baskets. Please contact for more information.





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Developing Healthy Children & Families

BASE Camp Children's Cancer Foundation

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www.basecamp.org 650 North Wymore Road, 103 Winter Park, FL 32789 **Phone:** (407) 497-1541

Contact: Terri Jones, President Email: terri@basecamp.org

Mission: To provide a year-round base of support for children and families facing the challenge of living with cancer

in Central Florida.

Holiday Donation Needs: DVDs rated G, PG or PG-13 (new or gently used), individual servings of food items for hospitalized kids, holiday gifts for children of all ages, especially for teenagers. The deadline for all donations is December 20.

Holiday Meal Opportunities: Host a Pizza Party for kids in the hospital, clinic or at the office.

Holiday "Adopt-A" Opportunities: Adopt-A-Family by buying a tree, food, gifts or grocery store gift cards.



Children's Home Society of Florida

www.chsfl.org

1485 South Semoran Blvd., Suite 1402

Winter Park, FL 32792 **Phone:** (321) 397-5266

Contact: Michael Doar, Community Engagement Coordinator

Email: Michael.Doar@chsfl.org

Mission: Embracing Children. Inspiring Lives. Our dream: To break the generational cycle of child abuse in more families. To protect children from harm. To heal children who've been hurt. To create strong, stable families. To help children grow up safe, healthy and prepared for life.

Holiday Donation Needs:

Please help 3,000 children in Central Florida by donating:

- Nonperishable food
- · Grocery store gift cards
- · Clothing, shoes, underwear and socks for children of all ages
- Retail store gift cards
- Personal hygiene products
- Diapers, wipes and other baby supplies
- · Linens (blankets, sheets, pillows, and towels)
- Books for children of all ages
- Test prep books (GED, SAT, ACT)
- Developmental tools
- Blocks and Legos
- Dolls for all ethnicities
- Toy cars and trucks
- Board games and puzzles
- Arts and crafts supplies
- Sports equipment
- Bicycles, skateboards and scooters (helmets required)
- New and refurbished electronics
- Other gifts gladly accepted





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Holiday Volunteer Needs: Help organize holiday donations so Central Florida's most vulnerable children receive the support they need and gifts they deserve this holiday season.

Holiday "Adopt-A" Opportunities: Adopt-a-family by providing a basket of nonperishable Thanksgiving food and a grocery store gift card for a turkey.

Clean the World

www.cleantheworld.org 400 A Pittman Street Orlando, FL 328001 **Phone:** (407) 574-8353 ext. 1023

1 Hone: (401) 314-0000 ext. 1020

Contact: Whitney Magers, Volunteer and Events Manager

Email: volunteers@cleantheworld.org

Mission: Collect and recycle soap and hygiene products discarded every day by the hospitality industry and other sectors that generate environmental waste. Through the distribution of these and other donated products to impoverished people, prevent millions of hygiene-related deaths each year, reduce the morbidity rate for hygiene-related illnesses and encourage vigorous childhood development.

Holiday Donation Needs:

Program Supplies:

- Box Cutters
- Permanent Markers
- Dry Erase Markers
- 5 Gallon Trash Cans
- Fans High Velocity, Drum
- Step Ladder
- Anti-fatigue Mats
- Folding Chairs
- Stools (28-32 inches)
- Fork Lift
- Pallet Jack
- Hand Sanitizer
- Latex Free Gloves

Special Event Supplies:

- Gift Cards Restaurant/stores (to be used as prizes for the volunteer program)
- Sporting events, attractions or theme park tickets for raffle items
- Collectables, celebrity items or sports memorabilia for raffle items
- 10x10 Tents
- 8 ft. Centerfold Tables

Holiday Volunteer Needs: Volunteers will assist with the sorting and boxing of soap and bottled amenities. *Requirements*: This project involves standing. Make sure to wear closed-toe, comfortable shoes. Clothes should be able to get dirty. The minimum age requirement to participate is 8 years old. Children ages 8-15 will need parent or guardian supervision in order to participate. If you are being dropped off at the facility, please have your ride arrive back to the facility no later than 15 minutes before your shift ends. For large groups bringing children to the facility, there needs to be at least 1 adult per every 10 children under 16.

Available dates:

October - May

Dates: Open Monday - Friday

Times: 9:30am - 11:30am or 1:30pm - 3:30pm

Soapy Saturdays

Clean the World is now open every Saturday! (Excludes holiday weekends)

Times: 9am - 12pm.



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Cornerstone Hospice and Palliative Care

www.cshospice.org/ 8009 So Orange Ave Orlando, FL 32809 (Orange County)

3283 S John Young Parkway- Suite J Kissimmee, FL 34746 (Osceola County)

Phone: (407) 304-2604 (Orange County) (407) 846-1231 (Osceola County)

Contact: Wayne Smith Volunteer Specialist, Orange County

Email: wsmith@cshospice.org (Orange County); Esaud@cshospice.org (Osceola County)

Mission: The Mission of Cornerstone Hospice and Palliative Care is to make quality Hospice care available to all persons, their families and those affected by serious illness, death and dying in our community; to advocate effectively for patients' comfort, dignity and choice; and to be recognized as the leading resource in clinical, ethical and spiritual issues of dying and grief.

Holiday Donation Needs: Pre-packaged individual snacks and drinks

Holiday Volunteer Meal Opportunities: Sponsoring and serving holiday meals for patients' families.

Holiday Volunteer Needs: Receiving and preparing snacks/food donations



The Howard Phillips Center for Children & Families

www.arnoldpalmerhospital.com/hpc

www.caccentral.com

601 West Michigan Street Orlando, FL 32805

Phone: (407) 317-7430

Contact: Marie Martinez, Operations Manager; T-J Ciocca, Grants Manager.

Email: Terri-Jo.Ciocca@orlandohealth.com

Mission: To advocate for and respond to the needs of children in Central Florida who have medical, emotional and developmental challenges, especially those related to child abuse and neglect.

Holiday Donation Needs:

- Women's sandals or shoes size 7 ½, size 10
- Three women's jackets size medium
- One women's jacket size extra large
- Clothes for women sizes small, medium and XL
- Girl jackets sizes 5, 8-10; sizes 10-12 and teen sizes
- Girl jeans size 8-10, size 10-12
- Boy jackets size 8, 12-months
- Boy clothes (new) size 18 months
- Boy pajamas size 8
- Boy jackets size 8-10
- Three Boys shirts size 10-12
- Three Boys pants size 10-12
- Baby clothes (onesies, jackets, pants) sizes infant on up
- Clothes for boys and girls sizes 3T to 4T
- Clothes for girls size 12 months, 24 months,
- Dresses size 4T
- · Children's socks all sizes
- Children's shoes especially baby size 6, sizes 2, 3-4, sizes 8, 10, 13





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- Winter clothing (girl and boy jackets, pants) all children's sizes, especially sizes 3-6 months, 5 years, 8-10 years
- Sets of queen bed sheets
- Sets of twin bed sheets
- Sets of full bed sheets
- Bed spread for gueen size bed
- School backpacks (boys and girls)

Toys:

- · Bicycles (any size) with helmets and locks
- Baby toys
- Two doll houses
- Minimus boy toys (any of the collection)
- Three tablets (Kindle, iPad, etc.)
- Educational toys that light up
- Frozen dolls
- Light up toys that make music
- Baby dolls
- Barbie dolls
- Elmo
- Scooters
- Teenage Mutant Ninja Turtle toys
- Race cars

Hygiene Products:

- Lotions
- Perfumes
- Makeup

Holiday Volunteer Needs:

Toy Sorting:

- Thursday, December 17 from 9am 12pm
- Friday, December 18 from 1:30pm 4pm
- Monday, December 21, from 1pm 4pm



IMPOWER

www.impowerfl.org 587 E. State Road 434 Longwood, FL 32750 **Phone:** (407) 215-0095 x 215

Contact: Amber Bachura. Development/Volunteer Coordinator

Email: abachura@impowerfl.org

Mission: Our mission at IMPOWER is changing lives by protecting, counseling, teaching and inspiring individuals and families to reach their full potential. We hope you will join us in spreading cheer for over 1,500 children and youth during the upcoming holiday season.

Holiday Donation Needs: Bring a new, unwrapped toy when volunteering at our toy workshop for our Holiday Heroes toy drive, no later than December 11.

Holiday Volunteer Needs: Sort, assign and wrap gifts for over 1,500 children and youth during Holiday Heroes toy drive. Please sign up between December 7 – 16 at www.impowerfl.org.

Holiday "Adopt-A" Opportunities: Sponsor a child by contacting Amber at abachura@impowerfl.org to get the child's first name and two wishes for holiday gifts. Gifts are generally under \$25 a gift. Please consider helping a child get exactly what they wished for this year!





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New Hope for Kids

www.newhopeforkids.org 544 Mayo Avenue Maitland, FL 32751 **Phone:** (407) 331-3059 x15

Contact: Gloria Capozzi, Volunteer and Marketing Manager

Email: gloria@newhopeforkids.org

Mission: New Hope for Kids provides specialized support to children and families grieving the loss of a loved one

and grants wishes to children with life-challenging illnesses in Central Florida.

Holiday Donation Needs:

The Center for Grieving Children is in need of the following items:

- Construction paper (All colors)
- 8.5" x 11" white copy paper
- White paint paper (9"x 12")
- Water-based Tempera paint
- Markers: washable markers, all colors/low-odor dry-erase; all colors
- Stretch Magic (for jewelry making)
- Scrapbooking (paper, stickers, glue, hole punches, small/med. scrapbooks, etc.)
- Cookies and salty snacks (popcorn, single-serve bags of chips, etc.)
- Capri Suns and bottled waters (individual size)
- Paper plates, paper cups, napkins
- Coffee, sugar, creamer, hot beverage cups, filters
- Paper towels
- Zip-lock bags (all sizes)
- Disposable cameras
- Label maker tape refills 9mm & 12mm sizes for P-touch Model TZe-2322
- Gift cards to Walmart, Michael's, Party City and Lake Shore Learning

All of the children in the grief program are treated to a visit to the "Birthday Attic" when it's their birthday. Gifts for younger children are usually well-stocked; however, teenagers often have a hard time finding a gift that is suitable for someone their age. Some suggestions for gifts for teenagers: age-appropriate DVDs, CDs, video games, CD/DVD/mp3 players, etc.

Holiday Volunteer Meal Opportunities: Cookie baking is welcome. Group brings supplies for the cookies (no peanut recipes) and bake at the Center. This is a treat for the families.

Holiday Volunteer Needs:

- 1) Holiday Party in Maitland December 4 (set up) and December 5 (event) help set-up for our holiday party and play games with our students and their families.
- 2) Ride in the Winter Park Parade December 5, volunteers decorate their bicycles with tinsel and lights to promote our annual ride.
- 3) Holiday Bike Ride December 12, from 6PM 8PM. Come ride through the neighborhood to view holiday lights.
- 4) Toy Drive- help with family pick up and confirmation calls December 19-22.

Holiday "Adopt-A" Opportunities: Adopt-a-family by providing a turkey or ham for Thanksgiving or Christmas as a nourishing family meal for new grief and wish families.

Ronald McDonald House Charities of Central Florida

www.ronaldmcdonaldhouseorlando.org Florida Hospital Location: 2201 Alden Road

Orlando, FL 32803

Arnold Palmer Location: 1630 Kuhl Ave





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Orlando, FL 32806

Phone: (407) 206-0957 x 109; (407) 206-0957 x 107

Contact: Judy Le or Kelsey O'Hara, Volunteer Coordinators; Chrissy Muszynski, Volunteer Manager

Email: judyle@rmhccf.org

Mission: Ronald McDonald House Charities® of Central Florida finds, creates and supports programs that directly improve the health and well-being of children and families.

Holiday Donation Needs:

HOUSEHOLD GOODS

- Mildew Resistant Shower Liners (clear)
- Aluminum Foil
- Plastic Cutlery
- Paper Towels
- Paper Plates
- Napkins
- Disposable Cups (hot and cold)
- Disposable Coffee Cups & Lids
- LED Light Bulbs

CLEANING SUPPLIES

- Baby Safe Detergent
- Fabric Softener
- Magic Erasers
- Steel Wire Cleaning Pads
- Disinfectant/Cleaning Wipes
- Swiffer Sweeper Wet Mop Refills
- Swiffer Dusters
- Toilet Bowl Cleaner
- Stainless Steel Cleaner

FOOD ITEMS

- Loaves of Bread
- Milk
- Cereal (individual sizes ONLY)
- Snacks (individual sizes ONLY)
- Coffee (K-Cup individual serving size)
- Sugar Packets
- Powdered Coffee Creamer
- Fresh Produce
- Pre-packaged Frozen Lasagnas
- Pre-packaged Frozen Casseroles

GIFT CARDS

- Gas/Phone Cards
- Local Restaurants
- Amazon
- Home Depot or Lowe's
- Publix
- Target or Walmart

MISCELLANEOUS ITEMS

- Deodorant
- Razors
- Shaving Cream
- Umbrellas
- Copy Paper
- Forever Postage Stamps



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- Baby clothing
- Plastic ware
- Large storage bins
- Gifts for adults and children

Holiday Volunteer Needs:

BAKING BUDDIES

Ideal for small groups! Opportunities are available 365 days a year. Bring your own ingredients and spend the afternoon (2pm- 4pm) baking at one of our Houses. Make sweet treats or dinner casseroles that can be frozen and served later for our families! RMH at Florida Hospital: 2-4 volunteers maximum. RMH at Arnold Palmer Medical Center: 4-6 volunteers maximum.

State of Florida Guardian Ad Litem Program, Ninth Judicial Circuit, Osceola County



www.galosceola.org 2 Courthouse Square, Suite 3400 Kissimmee, FL 34741 **Phone:** (407) 742-6656

Contact: Linder Snider, Volunteer Program Coordinator

Email: linder.snider@gal.fl.gov

Mission: To advocate for the best interests of abused, abandoned and neglected children by supporting the

development, growth and continuation of the Guardian Ad Litem Program in Osceola County.

Holiday Donation Needs: Toys/gifts for children of any age (up to age 21), gift cards for teens, toiletries, pajamas, underwear and socks for children of any age.

Holiday "Adopt-A" Opportunities: Provide food/groceries for families over the holidays.

UCP of Central Florida





Contact: Natasha Jones, Development Coordinator

Email: njones@ucpcfl.org

Mission: UCP's mission is to be the experts for children with special needs. By providing the best support, education and therapy, we offer hope to everyone touched by a disability. Our vision is to be a place where barriers are broken and miracles happen. We are creating a community where everyone touched by a disability can excel, without limitations.

Holiday Donation Needs: New (or gently used) toys and books, non-perishable foods, classroom decorations and/or retail gift cards to buy classroom supplies and/or equipment. Visit https://www.ucpcfl.org/ways-to-help/ for additional details.



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Alleviating Hunger & Homelessness

A Grateful Mind International

www.AGratefulMind.org 25 Drennen Road Suite#1 Orlando, FL 32806 **Phone:** (407) 900-5558

Contact: Cindy Rand or Liz Mengelson **Email:** volunteers@agratefulmind.org

Mission: Our mission is to provide immediate humanitarian relief to individuals and families who are experiencing a crisis while providing them access to educational resources that will empower them to move beyond their crisis. A Grateful Mind operates as a Community Outreach Services agency that provides Emergency Crisis Assistance and Educational Resources to homeless and poverty stricken men, women and children to empower them to move beyond their crises and to get them onto a path of self-sufficiency, free of homelessness and extreme poverty.

Holiday Donation Needs:

- 12 large trays of turkey for Thanksgiving Free Community Dinner & Outreach on November 22
- 12 large trays of turkey, beef or chicken for Christmas Free Community Dinner & Outreach on December 20
- Canned goods and non-perishable foods for Crisis Food Pantry
- New work boots (construction or skid free kitchen) shoes
- New clothes and underwear of all sizes for men
- New toys for children 10 and under
- Stocking stuffer gifts for ages 2 to 16
- Gift Cards from grocery stores for perishable foods for families to buy (meat, butter, milk or eggs) for holiday dinner

Holiday Volunteer Needs:

- Thanksgiving Outreach & Free Community Dinner November 22; 12pm 5pm; ZL Riley Park 747 S. Parramore Ave., Orlando, FL
- Saturday Crisis Food Pantry Distributions 1st and 3rd Saturdays 10am 2pm
- Christmas Outreach & Free Community Dinner December 20; 12pm 5pm

Holiday "Adopt-A" Opportunities: Christmas Adopt-A-Family: provide a Holiday Dinner Care Package, toys and clothes for the children. Families' sizes range from 2 to 8 family members.

Catholic Charities of Central Florida

www.cflcc.org

1819 N. Semoran Blvd. Orlando, FL 32807

Phone: (407) 658-1818 x 1026

Contact: Carly DeLoach, Manager of Mission Effectiveness

Email: carly.deloach@cflcc.org

Mission: Our mission is to provide vital social services to people in need regardless of their religious, social or economic background, to improve the lives of individuals, families and the community. Our vision is that every person's basic human needs are met through love and empowerment.

Holiday Donation Needs:

- 1. Thanksgiving and Christmas Meal Baskets with Cards
 - · certificate for ham/turkey
 - box of stuffing
 - box of mashed potatoes
 - can of gravy
 - can of cranberry sauce





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- can of green beans, can of sweet potatoes
- rolls
- 2. Thanksgiving and Christmas Cards for clients of Catholic Charities
- 3. Food Drives
 - Feed a Family provide the ingredients for a family meal.
 - Souper Bowl of Caring Canned food drive leading up to the Super Bowl. Two collection bins with the competing teams allow students to show support for their team
- 4. Outreach to Seniors at St. Joseph Garden Courts, St. Anthony Garden Courts, and Lake Morton
 - Choral Show/Christmas Caroling
 - · Christmas Cards, Cookies, and Crafts
- 5. Pathways to Care Service to the Homeless
 - Christmas Caroling
 - · Christmas Cards, Cookies, and Crafts
- 6. Refugee Welcome Box: Provide a Refugee Family with basic household needs. Wish list will be provided.
- 7. Cards for Caring
 - Donate gift cards from Walmart, Target, gas stations or grocery stores so families can purchase items to meet their basic needs such as food and clothing.

Holiday Volunteer Meal Opportunities:

Thanksgiving Meal Packing

a. Week of November 12 - assemble Thanksgiving boxes

b. Week of November 19 - distribute boxes

Holiday Volunteer Needs:

Food Pantry

Help sort, bag, label and distribute food

Refugee Youth Mentor

Tutor a refugee child and help them practice their English skills

Holiday "Adopt-A" Opportunities: Adopt a Family to provide Christmas gifts during Advent/Christmas season. List of ages, sizes, and suggested gifts available.



Christian Service Center for Central Florida, Inc.



www.ChristianServiceCenter.org

808 W. Central Blvd., Orlando, FL 32805

Phone: (407) 425-2523 x 240

Contact: Amy Bryant, Volunteer Coordinator **Email:** ABryant@ChristianServiceCenter.org

Mission: To prevent homelessness, combat poverty, cultivate self-sufficiency, restore hope and glorify God through the faithful provision of services that directly address physical, emotional and spiritual needs for families and individuals who are struggling in Central Florida.

Holiday Donation Needs: Canned goods for our food pantry

Holiday Volunteer Meal Opportunities: Help prepare hot meals for 400 guests or sandwiches for 200 guests

Holiday Volunteer Needs: Organize a toy drive

Holiday "Adopt-A" Opportunities: Adopt-A-Family by supplying groceries.

Blue Bag program:

1. Call the Center at 407-425-2523 ext. 230 to reserve your Blue Bags.



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2. Fill the Blue Bags with non-perishable food items and return them to the Center's Downtown Office Monday – Friday, 9am – 4pm

Food list:

- 1 can spaghetti sauce
- 2 cans fruit
- 1 bag/box rice
- 1 box cereal
- 2 pkg. mac & cheese
- 1 bag/box spaghetti noodles
- 1 box cake or brownie mix
- 1 box powdered milk
- 1 box instant mashed potatoes
- 4 cans vegetables (green beans, peas or corn)

Consider adding gift certificates to the Blue Bag from local grocery stores in \$10, \$15, \$20 or even \$50 increments that can be used to purchase meats or dairy products. A donation of \$5 is suggested to offset the cost of each Blue Bag.



Coalition for the Homeless of Central Florida

www.centralfloridahomeless.org/

639 W. Central Blvd. Orlando, FL 32801 **Phone:** (407) 849-2757

Contact: Amanda Smiley, Volunteer Coordinator

Email: Amanda.Smiley@cflhomeless.org

Mission: The mission of Coalition for the Homeless of Central Florida is to transform the lives of homeless men, women and children by providing crucial services to end their crisis of homelessness. We cannot exist without the support we receive from our donors and volunteers. There are many opportunities available for an individual or a group to help.

Holiday Donation Needs:

- Diapers (All Sizes)
- Laundry Detergent
- Pack N Plays (can be gently used)
- Deodorant
- Over the Counter Medications
- Hygiene Items (shampoo/conditioner, feminine hygiene products, soap, razors)
- Holiday Gifts for Adults (Bottles of laundry detergent, body spray or cologne, lotion)
- \$25 Walmart Gift Cards to be used throughout the year for resident needs.
- Holiday Toys for Kids and Infants
- Gifts for Teens (dolls, remote control cars, craft sets, gift cards for teens/tweens)

Holiday Volunteer Needs:

Working with Children

Individuals and groups are needed to assist in the daycare center or to host an arts and crafts activity, game night, or movie night. Babysitters are also needed for children while parents are in meetings or workshops. Babysitting opportunities are available weekly or monthly.

Donation Sorters

Individuals and groups are needed to sort and organize donations. During the holidays, the need is even greater.

Facilities Maintenance Projects

Typically, groups provide the supplies for the project. Individuals also needed.

Administrative Assistance

Help with filing and data entry.



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Professional Services

Some examples are carpentry, electrical, plumbing or equipment repair.

Employment Lab

Must have basic computer skills to help clients save files, conduct a web search, fill out an application online and create a Word document.

Assisting Residents

Volunteers help staff Operations (OPS) Desk, the nerve center of the shelter, at the Center for Women and Families and Men's Service Center. Residents visit to obtain hygiene items, retrieve cleaning supplies, make copies and more. At the Women's Residential and Counseling Center, Resident Assistant volunteers help with various tasks. All potential individual volunteers must fill out a volunteer application, agree to a criminal background screening and attend a volunteer orientation (offered monthly).

Visit our web site at www.centralfloridahomeless.org to complete a volunteer application. Groups are often not required to submit an application or background screening. Children can volunteer with a group when appropriate. All group activities are supervised by staff or an experienced volunteer.

Mending Hearts Charities Inc.

www.mendingheartscharities.org

PO BOX 2765 Sanford, FL 32771 **Phone:** (321) 229-3636

Contact: Stephanie Richards, Volunteer Coordinator

Email: mhcharities@aol.com

Mission: Mending Hearts provides affordable housing to low income families, disabled individuals, elderly people and veterans on fixed income checks. We provide apartments, utilities, furniture, household items and personal items as needed when a family moves in.

Holiday Donation Needs: Please donate for use in apartments: laundry soap, laundry baskets, brooms, dustpans, dish towels, dish soap, kitchen washcloths, plastic hangers, bathroom shower curtains, bathroom rugs, silverware

Holiday Volunteer Needs:

Holiday Party:

December 13, 4pm - 7pm in Sanford. Volunteers will make homemade Christmas cookies with children on site.

Holiday "Adopt-A" Opportunities: Adopt-A-Family by providing a holiday meal with a grocery store gift card for perishable items. Adopt-A-Family by donating holiday gifts for a specific family by December 20.



Salvation Army, Orlando Area Command

www.salvationarmyorlando.org 416 West Colonial Drive Orlando, FL 32804

Phone: (407) 423-8581 x 26457

Contact: Octavio Serrano, Director of Volunteer Services

Email: Octavio.Serrano@uss.salvationarmy.org

Mission: The Salvation Army, an international movement, is an evangelical army of the universal Christian Church. Our message is based on the Bible, and our ministry is motivated by the love of God. We preach the Gospel of Jesus Christ and meet human needs in his name without discrimination.

Holiday Donation Needs: Canned, nonperishable items for the pantry and kitchen to feed the homeless. No glass jars.

Holiday Volunteer Meal Opportunities: Host a birthday party for seniors with cake and ice cream. Event occurs once a month. Volunteers are to provide the food as well.





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Holiday Volunteer Needs:

Red Kettle Program:

- Responsibilities: Volunteers will ring bells and encourage shoppers to donate to The Salvation Army.
- Locations: 36 Publix locations throughout Orange County.
- Parking: Specified Publix parking lot.
- What to wear: Casual clothing, comfortable, closed-toe shoes. No shorts or tank-tops.
- Days and hours: November 13, 2015 to December 24, 2015; Monday through Saturday, except Thanksgiving Day, from 10am – 8pm daily. This opportunity is only seasonal.
- Environment: Outdoors, under cover from the elements.
- Number of volunteers: Two volunteers for five two hour shifts, for a total of 10 hours daily is suggested. A
 person may choose to work the entire day. We need 1,860 volunteers.

Manning Angel Tree:

- Responsibilities: Greet, meet and encourage mall-goers to take a child's Angel Tree tag from the tree and shop for Christmas gifts.
- Location: Mall at Millennia, 4200 Conroy Road, Orlando, FL 32839.
- Parking: Mall parking lot.
- What to wear: Business casual, comfortable, closed toe shoes. No shorts.
- Days and Hours: From November 13 to December 12, 2015, Monday through Sunday. The mall is open during the holidays except Thanksgiving Day (We'll know the exact hours by November.) Two hour shifts recommended. This opportunity is only seasonal.
- Environment: Indoor air conditioned room. Volunteers will stand, reach for and handle large bags of gifts.
 Chairs are provided.
- Number of volunteers: Two volunteers per three hour shifts. May need over 100 volunteers.
- Orientation: Mandatory orientation will be held October 26, 2015 with two, one-hour sessions; from 5:30pm 6:30pm and from 6:30pm 7:30pm. Volunteers need only attend one session.

Angel Tree Distribution:

- Responsibilities: Sorting and bagging gifts, setting up tables and boxes, sweeping floors, putting bicycles together, distributing gifts to parents, etc.
- What to wear: Washable work clothes, jeans, organization's tee-shirts, shorts are fine. Wear comfortable closed toe shoes. Warehouse might be hot so dress accordingly.
- Days and Hours: From December 1 to December 16. Hours and shifts vary each day. This opportunity is only seasonal.
- Environment: Indoors at a warehouse. The warehouse is not climate controlled, so please dress accordingly. Lifting, bending, reaching and stooping are involved.
- Number of volunteers: 1,720.

Holiday "Adopt-A" Opportunities: Adopt an underprivileged child by providing him/her with toys for Christmas and basic needs such as clothing and shoes. Starting November 13, individuals can adopt a child by visiting the Mall at Millennia Food Court. Look for the Angel Tree and take one or as many Angel Tree tags as desired. The tags list a child's wishes and needs.

Total Restoration Transformation Center

www.trtcenter.org

4201 South Orange Blossom Trail

Orlando, FL 32839 (Homeless Holiday Meal) 12/5/15 1pm

5200 West South Street, Orlando

FL 32811 (Children Christmas Party) 12/12/15 4pm

Phone: (407) 803-3126

Contact: Bridgett Davis, Executive Director

Email: trtcenter@hotmail.com

Mission: Total Restoration Transformation Center is a Christian ministry outreach assisting homeless men, women, and children with food, clothing, Bible classes, substance abuse counseling, employment training, educational classes, food, clothing and referral services.

Holiday Donation Needs:





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Please donate a holiday bag for the homeless with the following items:

- (1) New/used Blanket
- (4) Protein Bars
- (2) Cans of soup
- (2)Toothbrushes
- (1) Tube of toothpaste
- (2) Bars of soap
- (1) Deodorant
- (1) Shampoo
- (1) Body Lotion
- (1) Facial Tissue
- (2) Washcloths
- (2) Small towels
- (2) Rolls toilet tissue
- (1) Hairbrush or Comb
- (1) Package of Bandages
- (1) Antiseptic Cream
- (2) Bottles of water

Holiday Food Drive - Organize a food drive that will assist the homeless.

- Nonperishable canned proteins (tuna, salmon, chicken, peanut butter), peanuts, etc.
- Canned fruits in their own juices or light syrup (pineapples, peaches, and pears) 100% Fruit juices (all sizes
 including juice boxes)
- Grains (pasta, whole wheat pasta, rice, brown rice, macaroni and cheese), bags of beans: black, pink, kidney, etc., corn, flour, or MASECA (for tortillas)
- Condiments (tomato based sauces, light soy sauce, ketchup, mustard, light salad dressings)
- Goya powder condiments
- Salt
- Sugar (brown)
- Low sodium/ No salt added canned vegetables (mixed, green beans, corn) beans: black, pink, kidney, etc.
- Soups (beef stew, chili, chicken noodle, turkey rice)
- Multigrain cereal (Cheerios, Corn Flakes, GrapeNuts, Raisin Bran).

Jacket and Coat Drive - Organize a coat and jacket drive for the homeless.

Blanket Drive - Organize a blanket drive for the homeless.

Holiday Volunteer Meal Opportunities: A group is needed to provide a Christmas pizza party for 40 underprivileged children on December 11, 2015.

Holiday Volunteer Needs: Volunteers will wrap gifts at the Holiday Wrapping Party December 4, 2015 at 6PM.



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Improving Financial Stability

Habitat for Humanity of Seminole County and Greater **Apopka**



www.habitatseminoleapopka.org Casselberry ReStore 345 State Road 436 Ste. 111 Casselberry, FL 32730

Sanford ReStore 1100 Americana Blvd Sanford, FL 32773 Phone: (407) 696-5855 x 2106

Contact: Brit Duhrkoff, Volunteer Manager Email: restorevolunteer@habitat-sa.org

Mission: Seeking to put God's love into action, Habitat for Humanity brings people together to build homes,

communities and hope.

Holiday Donation Needs: Donations are accepted year-round at ReStore offices. Accepted items can be found here: http://seminoleapopka.habitatrestores.org/donate

Holiday Volunteer Needs:

Donation Assistant: Help process donations by sorting, cleaning and pricing donated items. Preparing merchandise for display and sale is an important duty in our ReStores. Due to the training process involved, long-term volunteers are preferred in this position.

Merchandise Handlers: "Muscles" are always needed to help with loading and unloading furniture and other heavy items. This is a very important volunteer position and is greatly needed in order to maintain the flow of furniture and other merchandise while assisting donors and customers.

Merchandising/ Showroom Specialist: Make order out of chaos on the sales floor. Someone with a good eye and a bit of creativity is needed to help with displays. Assistance displaying merchandise in a manner which promotes a steady flow of continually changing inventory.

Phone/Office: Friendly volunteers to help answer the phones, schedule deliveries and greet customers. Assistance also needed with duties such as data entry and filing. Due to the training involved for this position, it is a long-term volunteer position.

Cashier Assistant: Friendly, detail-oriented, willingness to learn by assisting the cashier.

Repair Specialist: Repair furniture or other donations in the store that are in need of minor repair. Tools provided.

Appliance Repair Specialist: Repair appliances or other electronics in need of minor repair. Tools provided.

ReStore Rescue: Habitat ReStores need a facelift from time to time. This is the perfect project for a volunteer group of 10-15 people. Oftentimes, these projects can be done when the ReStores are closed.



Heart of Florida United Way

www.hfuw.org 1940 Traylor Boulevard Orlando, FL 32804

Phone: (407) 849-2372

Contact: Ashley Pruitt, Community Volunteer Manager





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Email: Volunteer.Center@hfuw.org

Mission: To improve lives by mobilizing the caring power of our communities.

Holiday Donation Needs: Host a Basics for Babies supply drive to benefit at-risk infants and families. Interested individuals or groups can collect items at their workplace, school, home or place of worship, and then drop them off at Heart of Florida United Way, 1940 Traylor Blvd, Orlando FL 32804, from December 7 – 9, 2015. Items needed include the following:

- Diapers
- Wipes
- Formula
- New infant apparel
- New Blankets

Holiday Volunteer Needs: Our community offers free tax preparation to low income individuals. These tax preparation sites are staffed by volunteers trained by the IRS and can save citizens who are struggling to get by hundreds or even thousands of dollars.

Additionally, volunteers are needed to staff our 2-1-1 information and referral line to provide information on tax services, including free tax preparation sites, in Central Florida. No prior tax knowledge required; training will be provided beginning in January.

For more information and to sign up, email Volunteer.Center@hfuw.org.

Mustard Seed of Central Florida

www.mustardseedfla.org 12 Mustard Seed Ln Orlando, FL 32810

Phone: (407) 875-2040 x 110

Contact: Jessi VanPelt, Volunteer Coordinator

Email: jessi@mustardseedfla.org

Mission: To help rebuild the lives of families who have suffered disaster or personal tragedy by providing household furnishings and clothing while being environmentally responsible to our community. The Mustard Seed has been a crisis social service agency for over 25 years and is the only furniture and clothing bank in Central Florida. We serve families suffering from domestic abuse, drug rehab recovery, homeless transition, fire and natural disaster, medical hardships, returning veterans and the economically disadvantaged. We are a critical resource in establishing stability and creating a home environment.

Holiday Donation Needs: Packages of new socks and underwear for our clothing program clients - children and adults. All furniture, housewares and clothing items for Furniture Program, Clothing Program and Thrift Store. Warehouse and office supplies wish list available.

Holiday Volunteer Needs: Sort housewares donations in warehouse. Help load/unload furniture trucks, and assist with general organization of the warehouse. Sort and hang donated clothing in thrift store. Deconstruct mattresses and separate materials in recycling facility, for mattresses not suitable for furniture program clients.

Holiday "Adopt-A" Opportunities: Adopt-A-Family served by the Furniture Program by paying their processing and delivery fees (total \$250). Adopt-A-Child served by the Clothing Program by providing packages of new socks and underwear. Adopt-A-Family served by the Furniture Program by giving a U-haul gift certificate, so furniture can be brought home (\$40-50 increments recommended).

Second Chance Resource Center

www.mysecondchancerc.org 1041 Crown Park Circle Winter Garden, FL 34787 **Phone:** (407) 656-7055

Contact: Sharon Lyles, President





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Email: slyles@2ndchancerc.org

Mission: Second Chance Resource Center provides single parents with diapers, baby food, children's clothing and other basic baby essentials.

Holiday Donation Needs:

Agency Wish List: Diapers, Wipes, Color Laser Printer All in one, Digital Camera

Holiday Volunteer Meal Opportunities: Host a group Christmas Dinner

Holiday Volunteer Needs: Sort diapers and clothing

Holiday "Adopt-A" Opportunities:

Adopt a Family Christmas:

Family #1: laptop, earphones, cell phone, basketball, Samsung tablet, girls clothes size 3T, 6, 10 slim and 12, Nabi tablet, musical toy, soccer ball, HD Kindle

Family #2: Girls' clothing sizes 12 months and 4T, Leap Frog, Play-Doh, dinosaurs, Peppa pig, Laugh and Learn Puppies, booster seat, baby walker and a baby food making systems.

Family #3: Clothes and shoes for boys (ages 18 months and 4T), baby walker, booster seat, baby food maker system, Leap Frog, toy cars and Nobi toys.