



Ronald McDonald
House Charities®
Southwest Florida

Keeping families close

How Can I Help?





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**Here are some helpful ways your group can help
Ronald McDonald House Charities
of Southwest Florida!**

- Volunteer at one of our events throughout the year
- Become a sponsor at one of our events (call for info)
- Securing Silent Auction and Raffle items for our events
- Family Meal Program (up to 8 people at a time)
- Pull Tab Collection
- Host a fundraiser where proceeds go to RMHC i.e. Garage Sale, Bake Sale, Car Wash, etc.
- Run a Social Media Campaign for "Likes" to raise awareness
- Wish List Drive
- Put together Care Packs for Family Room
- If you have a special service, skill, or talent that you'd like to share, let us know!

If you have questions about any of these ideas or have an idea of your own, please call Illey Farese at 239-437-0202 or email her at illey@rmhcswfl.org.



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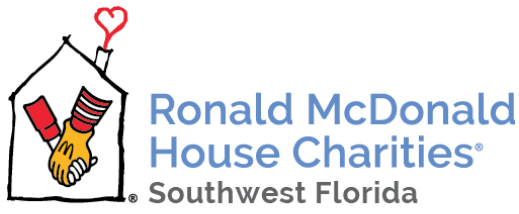
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2018

- Applesauce (Snack Size)
- Arm & Hammer (for Refrigerator/Freezer)
- Baked Beans (Cans)
- Beef Broth (Low Sodium if Possible)
- Brownie Mix (Boxed)
- Cake Mix (Boxed)
- Cereal (Multipack / Single Serve)
- Chicken Broth (Low Sodium if Possible)
- Cookie Dough (Frozen – Ready to Bake)
- Corn (Cans)
- Counter Wipes – Antibacterial
- Crock Pot Liners
- Deodorant (Travel Size)
- DAWN Dishwashing Liquid (Small Bottle)
- Disinfectant Wipes for Countertops
- Fruit (Fresh or Snack Size)
- Gift Cards (Publix/Walmart/Target/etc.)
- Green Beans (Cans)
- Icing / Frosting (Tubs)
- Laundry Detergent (Liquid/Free of Dyes & Perfumes)
- Laundry Dryer Sheets (Free of Dyes & Perfumes)
- Liquid PLUMR Lotion (Travel Size)
- Mouthwash (Travel Size)
- Napkins (Vanity Fair – everyday)
- Paper (White – Reams of 500)
- Paper Towels
- Peas (Cans)
- Pillow Protectors
- Raisins (Snack Size)
- Razors
- Shampoo (Travel Size)
- Snack Bars (Quaker Oats/Special K/etc.)
- Spaghetti O's (Cans)
- Storage Containers w/Lids (Plastic – Large)
- Tissue Boxes (Kleenex/Puffs/etc.)
- Toilet Paper
- Toothbrushes / Toothpaste (Travel Size)
- Trash Bags (Heavy Duty – 13 Gallons)
- TV Dinners – Frozen (Banquet/Swanson/etc.)
- Vegetables – Mixed (Cans)
- Vinegar – White (Gallon Jug – for Cleaning)
- Ziploc Storage Bags (Quart and Gallon)

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling 1-800-435-7352. Registration does not imply endorsement approval or recommendation by the state. No goods or services have been received in exchange for donations. Registration # 11-3704163.

Wish List



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Believe it or not, we want you to give us the best of your trash.

Here at Ronald McDonald House® of Southwest Florida, we are actively collecting pull tabs from the tops of soda cans. We do not want the entire can, only the pull tab, which is easily twisted off and just as easily saved.

The pull tabs are pure aluminum and can be sold as scrap, rather than recycling, to a local dealer. Most the value of the entire can is right there in that little tab.

Our House is located on the campus of HealthPark Medical Center, immediately behind the Golisano Children's Hospital. We have six guest rooms, each having its own private bath. The rooms are designed to accommodate up to four family members. We also have a fully stocked kitchen with plenty of food for our guest families.

For families who can afford it, we ask for \$10.00 a night for a room donation, however, no one is turned away for inability to pay. Many of our residents cannot afford it as their child's healthcare expenses are already stressing their financial resources. Therefore, it is vital that we be creative in generating revenue, hence the "Pull Tab Program."

No matter what your age, everyone is able to collect pull tabs and the families who stay with us will be the true beneficiaries of your time and effort. All monies earned for the pull tab collections are put directly back into the daily operations of our local House. Please collect your pull tabs and drop them off (or mail them).

Ronald McDonald House Charities® of Southwest Florida
16100 Roserush Court Fort Myers FL 33908
239-437-0202

FUN FACTS ABOUT POP TABS!

1 pop tab = 1 inch

12 pop tabs = 1 foot

63,360 pop tabs = 1 mile

1,267 pop tabs = 1 pound and 1 pound = \$0.48 cents when we cash in

1,000,000 pop tabs = 790 pounds (approximately)

1,578,044,160 pop tabs = 1 trip around the earth



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Family Meal Program



FORM: Fill out a Volunteer Application.



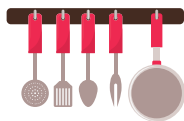
SCHEDULE: Call to schedule a date. We need your name, phone number & email.



CONFIRM: Confirm by calling the House at 239-437-0202 prior to your scheduled meal date for final headcount (max is 24 people).



SHOP: Decide on your menu & purchase supplies. Prepackaged & sealed desserts are acceptable. Beverages are not required.

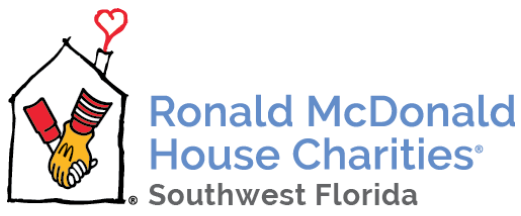


COOK: Families start to arrive at the house for dinner between 5:30pm-6pm. You may come early to prepare & we'll heat up the meal later or you can come late afternoon. We have cooking utensils, pots, pans, two stoves, two microwaves, a toaster oven, & two crock pots.



CLEAN: We ask that you clean up the kitchen after the meal preparation. Cleaning supplies are provided.

Please call 239-437-0202 if you are interested in cooking a meal. If unable to come in and prepare a meal, please consider purchasing a meal to be delivered by a local restaurant. Thank you for your support!



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The mission of Ronald McDonald House Charities of Southwest Florida is to create, find and support programs that directly impact the health and well being of children and their families in Southwest Florida.

**Thank you for
your support!**