

eliminating racism
empowering women

ywca

Metropolitan Phoenix

OFFSITE VOLUNTEER OPPORTUNITIES



Sharing Messages of Hope - Create greeting cards

Nothing brightens the days of meal recipients like hand-made greeting cards. Cards are especially appreciated at holidays, birthdays and in times of illness. YWCA Home Delivered Meals program makes sure they get delivered to folks along with their daily meal on the appropriate holiday or birthday. Use your creativity, some paper, and any other art supplies you have and remember to make your cards general enough so they will suit any recipient.



Decorate Lunch Bags

YWCA Home Delivered Meals recipients get snacks in a lunch bag. Add life to their meals by decorating lunch bags! Simply buy paper lunch bags and use your creativity, crayons, markers, stickers, or any art materials you have on hand.

BONUS - Put healthy snacks or games into the bags

- Granola bars especially softer varieties such as Nutri-grain, KIND nut butter bars, breakfast bars
- Nuts or trail mix
- Pudding or gelatin snack cups
- Fruit cups packed in their own juice
- Raisins, yogurt covered raisins, craisins, dates, or figs
- Real fruit snacks
- Peanut butter and crackers



Decorate Placemats

Thoughtfully decorated placemats are a lovely extra to bring to home delivered meal recipients. If possible, seal your placemats with a laminating machine or clear contact paper so your donations have a longer life.

Contact our Volunteer Engagement Team at **480-232-7916** or **ywca.volunteers@ywcaaz.org**

YWCA IS ON A MISSION

TO ELIMINATE RACISM, EMPOWER WOMEN, AND PROMOTE
PEACE, JUSTICE, FREEDOM, AND DIGNITY FOR ALL.

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