



People
Serving
People

Family Volunteer Opportunities

Enclosed is a list of volunteer projects you can complete at home with your family.

To arrange a drop-off of your donation, please contact

Tom Golembeck

Volunteer Coordinator

tgolembeck@peopleservingpeople.org

612.277.0216

Please feel free to send photos of your project to Tom for inclusion in our newsletter and social media outreach.

Calendar

Purple – Theme Yellow – Readings Pink – Donation Kit Project Green – PSP Donation Drive

JANUARY

Martin Luther King Jr.
As Good as Anybody by Richard Michelson
Ready for Work

JULY

Hobbies
Activity Kit

FEBRUARY

Books
Three suggested books to choose from.
Book Drive

AUGUST

Clothing
Mrs. Wishy Washy's Clothes by Joy Cowley
Laundry Detergent

MARCH

Hygiene
Wash Your Hands by Margret McNamara
Hygiene Kit

SEPTEMBER

Occupations
Activity – Game: “Who Am I”
1st Day of Work

APRIL

Siblings
Once Upon a Baby Brother by Sarah Sullivan
Diaper Kit

OCTOBER

Preparing for the Winter
Froggy gets Dressed by Jonathan London
Mitten Drive

MAY

Healthy Snacks
Eating the Alphabet by Lois Ehlert
Pregnancy Snack Pack

NOVEMBER

Nutrition
Healthy Cookbook/Recipes

JUNE

School
School Supplies Drive

DECEMBER

Weather
One Snowy Night by Nick Butterworth
Tie Blankets



JANUARY

Theme – Martin Luther King, Jr.

Item you will need for activity:

As Good as Anybody

Activity – Read the book *As Good as Anybody*, by Richard Michelson, illustrated by Raul Colón (if the child is 8–10 years old have them read to you).

1. Explain: How they should keep their head up high. How no matter what a person looks like, they are still a human and deserve to be treated fairly.
2. Questions: Have you ever felt left out? Have you ever gotten bullied? How do you feel when you are left out or bullied? Do only adults experience homelessness, or can children experience homelessness, too?
3. Explain: How this can happen with children who are experiencing homelessness and why it is important to include everyone in activities. This can also happen with adults, they may be looked at differently if they do not have a home and do not have a job.

Donation – Ready for Work

Help the children and parents! Help the children by including them in games at school and become their friend. Help parents by donating a few items to make a great first impression at a job interview.



People
Serving
People

Ready for Work

After assisting with job applications, the Employment Advocates at People Serving People help parents prepare for interviews. We provide professional clothing, interview advice and tokens. Please help us provide parents with all they need to make a great first impression at their job interview.



ITEMS NEEDED

Padfolio that fits 8.5" X 11" notepad

8.5" X 11" Notepad for padfolio

Planner

2 Pens

Please place all items in a bag. Include a note of encouragement.



FEBRUARY

Theme – Books

Choose from these three items for the activity:

Fly Away Home

Shoebox Sam

Uncle Willie's and the Soup Kitchen

Activity – Have the child read you a book. Choose from the following books; *Fly Away Home*, by Eve Bunting, illustrated by Ronald Himler; *Shoebox Sam*, by Mary Brigid Barrett, illustrated by Frank Morrison; *Uncle Willie and the Soup Kitchen*, by Dyanne Disalvo-Ryan

1. Questions: Why do you think it is important to know how to read and to practice reading? Do you like to read? If so, what is your favorite book? (For the older children, what is your favorite genre?) Why do you think children experiencing homelessness may not have books to read? Why do you think going to school is important?
2. Explain: Why reading and knowing how to read is important. How children experiencing homelessness may not have books to read.

Donation – Book Drive



Book Drive

People Serving People distributes free books onsite through our book nooks and Reading Partners program. Our main goals are to encourage parents to read to young children and to cultivate a life-long habit of reading among teens. Please consider donating new or gently used books your children no longer need or organizing a book drive at your workplace. Please include multi-cultural books for all ages.



ITEMS NEEDED

Baby board books, picture books, pop-up books

Elementary picture books & leveled readers

Middle & High School chapter books

All books should be new or gently used.



MARCH

Theme – Hygiene

Items you will need for activity:

Wash Your Hands

Plastic soap molds (plastic cups work as well)

Vegetable cooking spray or petroleum jelly for coating the molds

Pure glycerin soap (sold in blocks or cubes at craft stores)

Microwave-safe measuring cup with handle for melting the soap

Red, yellow and blue soap dyes (also found at craft stores)

Small plastic animals or trinkets

A chopstick or Popsicle stick for stirring

Activity – Read the book *Wash Your Hands*, by Margret McNamara. If the child is 8–10 years old have them read to you. Homemade Soap (<http://www.pbs.org/parents/crafts-for-kids/handmade-soaps/>)

1. Questions: What does it mean to take care of your body? Why is it important to take care of your body? What is it called when you take care of your body (having good personal hygiene)?
2. Explain: How the activity was related to good personal hygiene and why it is important to have good personal hygiene.
3. Questions: Do you think it is easy for people experiencing homelessness to have good personal hygiene? Why or why not?



Theme – Hygiene Continued

4. Explain: How people are experiencing homelessness may not have a bathroom to shower in, soap to keep their body and hands clean, or toothpaste to keep their teeth clean.

Donation – Hygiene Kit



Instructions

1. **Prepare the molds.** Spray the interior of the plastic molds with a small amount of cooking spray, making sure to cover all areas. If you use too much spray, simply use a paper towel to wipe away the excess. Likewise, if you are using petroleum jelly, use just enough to lightly cover the mold.
2. **Melt the soap.** The size of your mold will determine how much soap you'll need to begin with. Start by melting smaller amounts of soap; you can always add more. Place cube(s) of soap in the measuring cup and microwave on high for 30 seconds. If some solid soap still remains, microwave in 10-second intervals until soap is melted, but not boiling. Remove the melted soap from the microwave. This is best done by an adult or older child as the SOAP IS HOT.
3. **Add the color.** Add a drop or two of the liquid soap dye to the melted soap. Too much dye will make your soap dark, so don't overdo it. Mix colors to get your desired shade. Then stir the dye into the soap using your chopstick or Popsicle stick.
4. **Partly fill the molds.** Carefully pour the hot soap into the molds so that they are filled about a third of the way to the top. Let the soap cool for about 20 minutes and then place the plastic animal or trinket you want to use for decoration on top of the hardened soap.
5. **Finish the soap.** Repeat steps 2 and 3 to melt and color the remaining soap. Pour a second layer of soap into the mold, covering the plastic animal. Let cool and harden for at least 2 hours. Once cool, turn the mold upside down and pop the soap out. To clean the molds, just use hot water—the soap should wash right off!



You can also make the soap as described above without the trinkets. If you'd like a layered, rainbow look, pour small amounts into the molds and let them harden before adding another color layer. You can also add fragrance to your soaps with a drop or two of essential oils, or natural elements like poppy seeds or citrus peels, if desired. These are just some suggestions. I'm sure that you can come up with even more great ideas. The best part? After cleanup, you can wash your hands with your craft!

<http://www.pbs.org/parents/crafts-for-kids/handmade-soaps/>



Hygiene Kit

People Serving People offers a bathroom in the housing unit. Please help us provide the families with much needed hygiene products.



ITEMS NEEDED

(Full or Travel Size)

Option 1

Hair Shampoo and Conditioner

Deodorant for Women and Men

Toothbrush & Toothpaste

Body Wash

Option 2

Pads with wings: Size Super

Tampons: Size Super

Moisturizing Body Lotion

Body Wash

Please place all items in a Ziplock bag and include a note of encouragement.



People
Serving
People

APRIL

Theme – Siblings

Items you will need for activity:

Once Upon a Baby Brother

Diaper

Baby Doll

Activity – Read the book *Once Upon a Baby Brother*, by Sarah Sullivan, illustrated by Tricia Tusa (if the child is 8–10 years old have them read to you). Diaper a baby (teach the children how to change a diaper).

1. Questions: What are siblings? How many siblings do you have? Do you have brothers? Do you have sisters? What are their names?
2. Explain: When they used to be a baby (if they have older siblings explain what it was like for them, or if they are the oldest and have younger siblings ask what it was like)
3. Questions: Are babies big or small? What do babies do (crawl, cry, sleep, eat, and drink a bottle)?



People
Serving
People

Theme – Siblings Continued

4. Explain how babies grow bigger, learn to go on the potty through potty training. Until parents start potty training babies wear diapers. Diapers need to be changed.
5. Discuss why donating diapers can help someone who is experiencing homelessness who has a baby.

Donation – Diapers Kit



Diaper Kit

People Serving People spends about \$20,000 annually to provide diapers and nutritious meals for infants and toddlers. Our staff and volunteers distribute about 13,000 diapers per month.



ITEMS NEEDED

DIAPERS

Sizes: 4, 5, 6 and pull-ups*

*People Serving People does not accept cloth diapers.



MAY

Theme – Healthful Snacks

Items you will need for activity:

Eating the Alphabet

Paper

Colored Pencils

Activity – Read the book *Eating the Alphabet*, by Lois Ehlert (if the child is 8–10 years old have them read to you). Draw three different healthful snack options.

1. Questions: What did you draw? Why are they healthful options? Did you draw a fruit? Did you draw a vegetable? What color are your drawings? Are your drawings big or small? What letter does that word start with (Carrot starts with the letter C)?
2. Explain: Whether their options are considered healthful or not. Suggest options such as a granola bar or apple juice.
3. Question: Do you ever get hungry between meals? Do you think women who are pregnant and experiencing homelessness get hungry between meals?
4. Explain: How women who are pregnant may get hungry between meals too. How people who are experiencing homelessness may not have access or money for snacks or even meals.



People
Serving
People

Theme – Healthful Snacks Continued

Donation – Pregnancy Snack Pack

Have the child go grocery shopping with you to pick out healthful options for the snack pack so they can visually see what healthful snacks look like. Explain why you are buying them and who they will be donated to.



Pregnancy Snack Pack

People Serving People offers three healthful meals a day to families in shelter, but often our Pregnant Mothers need a snack between meals. Please help us provide healthful pregnancy snacks and juice to expecting mothers in between the meals.



ITEMS NEEDED

Juice box (apple or grape juice preferred)

Poptart, granola or snack bar

Please place all items in a Ziplock bag and include a note of encouragement.



JUNE

Theme – School

Items you will need for activity:

Paper

Crayons

Markers

Activity – Name tags. Have the child write their name, then decorate the name tag.

1. Questions: How did you decorate your name tag? What colors did you use? Why do you think we are donating school supplies for children who are experiencing homelessness?
2. Explain: When families are experiencing homelessness they may not have the money to buy school supplies for their children. They spend their money on food and clothing.

Donation – School Supplies Drive





SCHOOL SUPPLIES DRIVE



NEW ITEMS ONLY

#2 Pencils

Alarm clock

Calculator

Colored pencils

Crayons – 24 pack

Folders

Pencil box

Pencil sharpener

Pens

Ruler

School bags/backpacks

Scissors – youth size

Washable markers

Wide-ruled spiral bound notebooks

Please keep items separated. Schools staff work with People Serving People to prepare school bags to meet individual & classroom needs.

People Serving People is the largest and most comprehensive family-focused shelter in Minnesota.

PEOPLESERVINGPEOPLE.ORG

JULY

Theme – Hobbies

Items you will need for activity:

Paper

Crayons

Activity – Draw what being homeless means to you.

1. Questions: What does a person experiencing homelessness look like? Why do people experience homelessness? What did you draw? Why did you draw it (Why does a park bench make you think of homelessness)?
2. Explain: A person experiencing homelessness can be anyone. It does not matter what gender they are, the skin color they have, or how old they are. People experience homelessness because they cannot afford their home, have lost their job or got laid off, got behind on bills, or had an accident. Talk about how people experiencing homelessness may not have books, toys, food, clothing or toys.

Donation – Activity Kit



People
Serving
People

Activity Kit

Parents staying at People Serving People can access many services right in the building. For many parents, it is necessary to bring their children to appointments. Activity packs can help keep children occupied while parents handle important business. Please help us support parents so they can access the services they need to obtain housing and employment.



ITEMS NEEDED

Option 1

- 8 Pack of crayons**
- 1 Coloring book or activity book**
- 1 Pack of stickers**

Option 2

- 1 Melissa & Doug Water WOW! Coloring Book & Pen**
- 1 Pack of stickers**

Choose option 1 or 2 and place all of these items in a small bag.
Include a note of encouragement.



AUGUST

Theme – Clothing

Items you will need for activity:

Mrs. Wishy Washy's Clothes

Tub or sink

Water

Soap

Clothing

Possible washer and dryer
(to teach the older children how to do laundry)

Activity – Read the book *Mrs. Wishy Washy's Clothes* (if the child is 8–10 years old have them read to you). Have the children wash some of their clothing in a tub with soap and water (if the child is 8–10 years old also teach them how to use a washer and dryer).

1. Questions: How do people lose their homes? Where might people live if they are experiencing homelessness?
2. Discuss different places people experiencing homelessness may live (car, shelter, park, with friends)
3. Explain: If people are experiencing homelessness, they may not have a washer and dryer or the money to go to a laundry mat to wash their clothing.

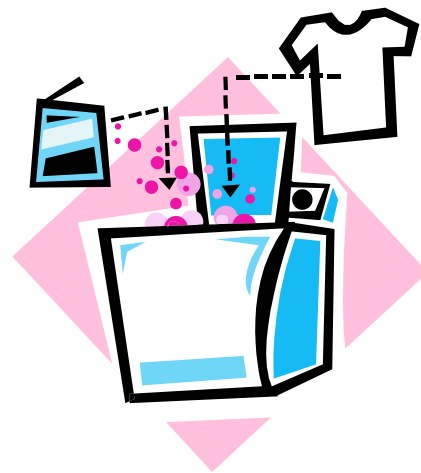
Donation – Laundry Detergent



People
Serving
People

Laundry Detergent

People Serving People offers a free laundry room and distributes detergent to families at our front desk. Please help us provide the supplies parents need to clean their children's clothing while they stay with us.



ITEMS NEEDED

High-Efficiency (HE) Liquid Laundry Detergent

Separate into 3-oz. single load portion cups with lids.

We can provide cups and lids if needed.



SEPTEMBER

Theme – Occupations

Items you will need for activity:

Printed guessing game

Activity – “Who Am I?” game

1. Questions: What do you want to be when you grow up? Can you think of any other jobs a person may have? Why do you think it would be more difficult for someone who is experiencing homelessness to find a job?
2. Explain: How it may be harder to get a job if a person has lost their home, since they may not have access to resources anymore. For example, a woman is living in an apartment with a high rent that she can afford with her current job. A few weeks later, however, she gets laid off from her job. She can no longer afford the apartment. She then gets evicted from her apartment and still has no job. The woman is looking for a job, but finds it challenging due to lack of resources. A few months later she finds a job. Her first day will be Monday.

Donation – 1st Day of Work



People
Serving
People

“Who Am I?” Game

Police Officer:

1. I enforce the law in our community.
2. I work to keep our community safe.

Teacher:

1. I work with children every day.
2. I work to help children learn new and interesting information.

Nurse:

1. I help people when they are sick.
2. I work to keep people healthy.

Geologist:

1. I study the earth.
2. I work with rocks.

Fire Fighter:

1. I put out fires.
2. I help rescue people.

Construction Worker:

1. I build things.
2. I use tools.

Postal Worker:

1. I see stamps and envelopes when I am at my job.
2. I drive a truck to deliver mail.



1st Day of Work

When guests at People Serving People obtain employment, the Employment Advocates help them to prepare for their new position. We help them obtain uniforms, transportation, and childcare. Please help us make their first day at work less stressful by providing a day's transportation, a snack, and a free lunch.



ITEMS NEEDED

24-hour pass for Metro Transit

Granola or snack bar

\$7 Subway gift card

Please place all items in a Ziplock bag and include a note of encouragement.



OCTOBER

Theme – Preparing for Winter

Items you will need for activity:

Froggy Gets Dressed

Activity – Read the book *Froggy Gets Dressed*, by Jonathan London, Illustrated by Frank Remkiewicz (if the child is 8–10 years old have them read to you).

1. Questions: What do we wear outside when the weather gets colder? Why do you wear mittens outside when the weather gets colder? What color are your mittens? Why do we wear mittens? Why might someone who is experiencing homelessness not have mittens?
2. Explain: Why children experiencing homelessness may not have mittens because families are spending money on other things such as food.

Donation – Mitten Drive



Mitten Drive

Children and parents who are sheltering at People Serving People need mittens so they can stay nice and warm during Minnesota's cold winters. Please consider donating new or gently used mittens you no longer need, or organizing a mitten drive at your school or workplace.



ITEMS NEEDED

Mittens of all sizes!

All mittens should be new or gently used.



NOVEMBER

Theme – Nutrition

Items you will need for activity:

A recipe

The ingredients

Activity – Make a healthful dish with your child. Try to incorporate all or most of the food groups.

1. Explain: Why it is healthful, what components within the dish make up the food groups, and why it is important to eat healthfully.
2. Questions: Can you think of five healthful foods (An apple)? Why are they healthful (Because it is a fruit)? What do you think someone who is experiencing homelessness would eat? Do you think someone who is experiencing homelessness will be able to eat every meal?
3. Discuss what it would be like to be experiencing homelessness and not be able to eat. Sometimes when people lose their home they are not able to eat a meal.
4. Questions: How would you feel if you had to skip a meal because you did not have food? Would you be hungry or full?



Theme – Nutrition Continued

5. Explain: How food is something we have to pay for. Healthful foods are often more expensive than junk food. When people shop for food that is a lower price, they may not be able to afford the most healthful options.

Donation – Healthy Cookbook/Recipes



Healthful Cookbook/Recipes

Our shelter offers Health & Wellness groups to encourage families to eat more healthfully and lead more active lives. Please support this effort by donating cookbooks that include healthful recipes.



ITEMS NEEDED

10 cookbooks with healthful recipes

This can be an actual cookbook or something you create.



DECEMBER

Theme – Weather

Items you will need for activity:

One Snowy Night

Activity – Read the book *One Snowy Night*, by Nick Butterworth (If the child is 8–10 years old have them read to you)

1. Questions: Is it warm or cold outside? Do you stay warm at night? What do you sleep on or with? (Bed, blanket, etc.) How do you think someone without a home would feel? Would they be warm at night if they had to sleep outside with the colder weather? What do you think someone without a bed might sleep on?
2. Explain: People who are experiencing homelessness may not have a comfy bed to sleep on. Some people without a home sleep on the ground or park benches. This makes it difficult to sleep because it is uncomfortable and often noisy.

Donation – Tie Blanket



Tie Blankets

People Serving People provides blankets to families as part of a move-out basket when they find housing in the community. Please consider hosting a blanket-making party at your home or workplace to help families settle into their new homes.



DIRECTIONS

1. **Select fleece for the blankets.** Blankets are made from two pieces of fabric. Select two different fleece patterns; two solids; or one patterned, one solid.
2. **For each blanket to be created, purchase lengths of 1.5 to 3 yards of each top & bottom fabric.** 1.5 yards makes a throw size, 2.5–3 yards makes a twin size blanket.
3. **Spread out the fabric and cut to size.** Place the fabric so that that the softer or more brightly colored sides face out. Measure and cut to the lengths described above.
4. **Pin the top and bottom fabrics together.** Secure with a few safety pins, at least 6 inches from the edges, to keep fabrics from slipping while cutting strips.
5. **Cut squares from corners.** Use cardstock cut to 5" X 5" as a template and cut through both layers.
6. **Cut strips.** At each corner, begin cutting strips 1" w X 5" d and continue down each side.
7. **Tie the strips together.** Using a simple knot, tie the top layer to the bottom layer, continuing down each side of the blanket.
8. **Project complete!**

