United Way of Johnson & Washington Counties

JOY FINDS A WAY

2020 Winter Volunteer & Giving Guide
Thank You

for your interest in volunteering and giving opportunities
in your community this holiday season!

Here are some helpful tips to keep in mind for volunteer opportunities:

**Volunteer Tips**

**Start Now!** This is a busy time of year for everyone. Start looking for a project now and make a plan today!

**Be patient.** This time of year many non-profit organizations are getting emails, phone calls, and other inquiries on opportunities and need.

**Be creative** and think outside of the box! Check out the last page for resources on alternative holiday volunteer and giving opportunities!

Volunteering around the winter season can be a great activity – on your own, or with friends and family. However, our community relies on volunteers year-round. Make a resolution to be an active volunteer in the New Year!

For volunteer opportunities at any time of year, please visit: [volunteer.unitedwayjwc.org](http://volunteer.unitedwayjwc.org)
Volunteer Opportunities

Holiday Volunteering

And other meaningful ways to give back

Volunteer Opportunities
Volunteering

The following opportunities include one-time and short-term volunteer activities serving organizations around the holidays. Commitment to a volunteer project is critical to these organizations at this time of the year, as many see an influx of those they are serving. Please take that into consideration before signing up for a project – planning, scheduling and follow-through are key.

Aging Services

Winter Volunteer Opportunity:
Virtual holiday musicians needed!
Do you have a love for performing music? Aging Services would love to work with you to set up a virtual music program to bring holiday cheer to our participants!

Date(s): Throughout the holiday season
Time(s): Flexible between the hours of 8-4 p.m., M-F
Location: Virtual, can be set up through Zoom or other online platforms
Agency Contact Information: Kayla Hutton, khutton@abbehealth.org (319)398-3644
Volunteer Sign-up Information: sign-up on Volunteer Now, contact Kayla by email or phone

Coralville Food Pantry

Winter Volunteer Opportunity:
Help with contactless food assistance services (take orders, shop for food in the pantry) and assist with home delivery program (weekly or multi-weekly opportunities available)

Date(s): Weekly (Tuesday - Saturday)
Time(s): Varied
Location: Coralville Community Food Pantry (1002 5th Street, Coralville)
Contact: Paola Jaramillo Guayara (paola@coralvillefoodpantry.org)
Volunteer Sign-up Information: www.coralvillefoodpantry.org/volunteer
Crowded Closet Thrift Shop

Winter Volunteer Opportunity:
Join a caring community where your service is a gift to the world. One time and short-term volunteer openings on the Crowded Closet team. Service for families, groups, and individuals. Volunteers assist with retail operations and donation processing. Volunteer roles are engaging and easy to learn! Protective measures in place to create a safe volunteering experience.

Date(s): Daily, Monday-Friday & Saturday
Time(s): Flexible shifts Monday-Friday, 8-5pm & Saturday, 9-4pm
Location: 851 Hwy 6 E, Ste 101, Iowa City, IA
Contact: Christine Maust Beachy, Volunteer Coordinator (319)337-5924 or crowdedcloset.volunteer@gmail.com

Domestic Violence Intervention Program (DVIP)

Virtual Opportunities: Reach out to the Director of Community Engagement to learn about ways you can participate in a COVID-conscious group project or virtual activity that would support victim-survivors.

Contact: Alta Medea-Peters at altamp@dvipiowa.org or (319)930-2030

The Light House Center – Tribulation & Trust Ministries

Volunteer Opportunities:
• Help load and move furniture, etc. Thursday, Friday, & Saturday at the garage sale location at the Exhibit Hall, Washington County Fairgrounds. Call the office at (319)653-5871 to schedule other days you may be able to help.

• Hang clothes, set things out on shelves for shoppers, etc. at the yard sales Thursday, Friday, Saturday – volunteer pre-registration is not required.

• Volunteer in the second-hand store, The Master's Hand, please call (319)864-1044 and schedule with Linda or Gerri. Volunteers are always needed to help hang & price clothing, and put things out on the racks and shelves.

• Volunteer at the shelter - Cook evening meals or bring a meal to serve. Volunteers needed for shelter cleaning. Call the office at (319)653-5871 to schedule.
Neighborhood Centers of Johnson County

Neighborhood NESTS (Nurturing Every Student Together Safely) Volunteer:
Volunteers are needed during this busy time of year and transition to assist students with virtual learning during learning hours and/or fun and engaging activities after learning hours.

**Date(s):** Short-term or Ongoing

**Time(s):** Hours are flexible and may vary between 7:30 am and 6:00 pm Monday-Friday. Ideal volunteer would serve a consistent minimum of two hours once a week, but short-term volunteering is possible as well.

**Location:** Various locations in Iowa City, Coralville and North Liberty

**Contact:** Chastity Dillard, Development & Volunteers Program Director
castity-dillard@ncjc.org


North Liberty Community Pantry

The North Liberty Community Pantry is seeking volunteers this winter! Due to COVID, volunteer opportunities may be limited. Please contact us to find out more about what volunteer opportunities we have available and how to get signed up.

**Location:** North Liberty Community Pantry- 89 N. Jones Blvd., North Liberty

**Description:** Volunteers will assist in taking orders from families in our drive-thru line, packing up groceries, and taking them out to families' cars.

**Contact and sign-up:** For more information please contact volunteer@northlibertycommunitypantry.org
Ronald McDonald House Charities of Eastern Iowa and Western Illinois

Winter Volunteer Opportunity – Providing:
- Care packages
- Cards
- Positive signage
- Holiday packages (nothing religious)
- Videos of DIYs

Date(s): November-February

Time(s): Varies

Location: Ronald McDonald House Charities of Eastern Iowa and Western Illinois

Contact: Jessica Field, Volunteer Coordinator - 319-356-4417

Volunteer Sign-up Information: Email Jessica Field at jfield@rmhc-eiwi.org or sign up on our website https://rmhc-eiwi.org/get-involved/volunteer/
Table to Table

Date(s): Mid November - Late January
Time: 2-3 hour shifts between 8:00 AM - 1:00 PM Monday - Friday
Location: 840 S Capitol Street, Iowa City
Description:

Table to Table distributes more than half the food that Johnson County hunger relief partners serve to our neighbors at no cost. We do this through route-based food rescue, collecting food donations of produce, meat, dairy, bakery products, and prepared meals from grocery stores, restaurants, farms, and food warehouses and delivering them immediately to hunger relief agencies.

Collectively, our volunteers rescue over 40,000 pounds of food on average each week, serving over 12,000 of our neighbors every year. What’s more, the food our volunteers deliver is some of the most nutritious food available to our partners and our neighbors. Nearly half of the food rescued each week is fresh produce, meat, and dairy products.

There are so many more families that need us this season and Table to Table needs your help this winter to meet that need! While we aren’t open on Thanksgiving or Christmas, we do especially need help the week of the holidays when there is more food to rescue and fewer people to help. We’ll need extra help covering our food rescue route shifts and keeping our vehicles clean and ready for routes throughout the winter. All of our shifts are 2 to 3 hours.

We would love to have you join the amazing team of volunteers that are the lifeblood of our mission. We ask that you:

● Wear a mask and follow social-distancing guidelines
● To conserve training resources, we ask that volunteers are willing to volunteer a minimum of 30 hours during the course of their service.

Food rescue route volunteers must:

● Have a valid driver’s license and reliable access to a vehicle
● Be able to regularly lift 40 lb. boxes of food
● Be at least 16 years old

In order to protect the health of our volunteers, donor and recipient partners, and staff, we expect our volunteers to be conscious of following CDC guidelines not only while they are volunteering with us, but outside of volunteering as well, by social distancing, avoiding large gatherings, and wearing a mask when in public spaces.

Contact and sign-up: For more details and to schedule your orientation today, email Jared at volunteer@table2table.org, call (319)337-3400, or visit www.table2table.org/volunteers.
**United Action for Youth (UAY)**

**UAY Youth Holiday Art Sale**

**Date(s):** December 18, 2020  
**Time:** TBD  
**Location:** Outside the UAY Youth Center in downtown Iowa City (355 Iowa Avenue, Iowa City)

**Description:** Volunteers are needed to provide homemade refreshments & hot beverages for an outdoor art sale. Volunteers will help package artwork that is sold, assist with curbside pick-up and deliver youth artwork as needed.

**Contact:** Kierra Pauley [Kierra.pauly@unitedactionforyouth.org](mailto:Kierra.pauly@unitedactionforyouth.org) or (319)338-7518

**Host a Donation Drive at Your Workplace**

**Date(s):** Throughout the months of November & December  
**Time:** TBD by you  
**Location:** TBD by you

**Description:** Host a donation drive to collect needed items for Mental Health Care Kits for youth and families. Kits could include: colored pencils, journals or sketch books, chewing gum, non-perishable snacks, deck of cards, fidget spinners, sensory toys, play doh, tissues, hand sanitizer, masks, etc.

**Contact:** Kierra Pauley [Kierra.pauly@unitedactionforyouth.org](mailto:Kierra.pauly@unitedactionforyouth.org) or (319)338-7518

**YMCA of Washington County**

**Date(s)/ Time(s):** December 5th 8:00am-12:00pm  
**Location:** YMCA of Washington County, 520 W 5th Street, Washington

**Description:** YMCA’s Annual Christmas Bazaar is December 5th 8:00am – 12:00pm. Volunteers will be needed as elves to help children shop for gifts and to help wrap gifts.

**Contact for information and to sign-up:**  
Angie Goodwin at 319-653-2141 or [agoodwin@washingtony.org](mailto:agoodwin@washingtony.org)
Salvation Army

Bell Ringers
Miracle of the Bell

Date: November 13 through December 24
Time: Multiple time slots
Location: Various locations throughout Johnson County

Description: Volunteers are needed in ringing bells for the Salvation Army of Johnson County Christmas Campaign. There will be multiple locations beginning November 13 through Christmas Eve. Multiple time slots are available, beginning with two hour slots.

Contact and sign-up:
Ashton Hollis 319-337-3725
Website: http://wwwregistertoring.com

Toys for Tots

Date: Registration is October 12 - November 25
Packing & Distribution Days are December 7 - December 17
Time: Multiple time slots
Locations:
Registration: 1116 S. Gilbert Ct., Iowa City
Packing Site: 1100 Fifth St, Suite 110 Coralville, IA
Distribution Site: 12/14 – 12/17 The Salvation Army 1116 S Gilbert Ct Iowa City, IA 319-337-3725

Description: Volunteers are needed to sort, pack and distribute the toys. Or if you would like to host a toy box or distribute toy tags, please see contact information below.

Contact and sign-up:
Capt. Michelle Graham 319-337-3725 michelle.graham@usc.salvationarmy.org
Website: https://centralusa.salvationarmy.org/iowacity
Shelter House, Iowa City

Winter Shelter Support

Date(s): Monday-Sunday  
Time(s): 5pm-8am (Start date coming soon)  
Location: Volunteers will be notified of the determined winter shelter location

Description: Shelter House manages a satellite low-barrier Winter Emergency Shelter which is open to anyone who needs a warm, safe place to sleep. Volunteers assist staff in supervising the space which may include crisis intervention and conflict resolution. Additional duties include distributing winter clothing, managing food service, and facilitating recreational activities. Shift times and duration are flexible, but all shifts take place between 5pm – 8am.

Contact and Signup: Volunteer Coordinator volunteer@shelterhouseiowa.org and apply here https://shelterhouseiowa.salsalabs.org/volunteersignupform/index.html

CommUnity Crisis Services and Food Bank

Project Holiday 2020

Date(s): Monday, December 14 - Saturday, December 19  
Time: Varying shifts throughout the day; each shift is 2 hours long  
Location: CommUnity Food Pantry at Pepperwood Plaza, 1045 HWY 6 East, Iowa City

Description: Project Holiday is CommUnity’s annual holiday meal distribution. Volunteers are needed to help greet shoppers, stock groceries, and distribute holiday meals. Project Holiday will also be available by delivery this year!

Contact and Sign-up: A volunteer sign-up will be posted on CommUnity’s website on November 20: builtbycommunity.org/project-holiday
**Iowa Valley Habitat for Humanity Re-Store**

**Date(s):** Wednesday-Saturday  
**Time:** between 9:00am and 5:00pm  
**Location:** 2401 Scott Blvd SE, Iowa City

**Description:** ReStore is a donation-based home improvement store whose proceeds benefit Iowa Valley Habitat’s affordable homeownership and repair programs. ReStore keeps valuable and usable household items and construction materials out of the landfill and allows homeowners to maintain their homes affordably. ReStore volunteers help with daily operations, receiving and processing donations, merchandising, customer assistance, and other projects as they arise.

**Age Restrictions:** All volunteers must be at least 14 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian.

**Contact and Sign-up:** Sign up at [www.iowavalleyhabitat.org](http://www.iowavalleyhabitat.org). Contact Leda Rouse, Volunteer Coordinator, with any questions: (319) 519-6120 or leda@iowavalleyhabitat.org

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**Iowa Valley Habitat Construction**

**Date(s):** Thursday through Saturday most weeks  
**Time:** 8:00am-12:00pm; 1:00pm-5:00pm  
**Location:** Iowa City

**Description:** Volunteers will help construction staff through the entire home building process including framing, painting, trim work, cabinet installation, energy efficiency upgrades, and more. No prior experience or knowledge required! We train you and give you all the tools you will need to accomplish the tasks at hand.

**Age Restrictions:** All volunteers must be at least 16 years old. All volunteers under 18 must have a liability waiver filled out and signed by a parent or legal guardian. Minor volunteers also have slight restrictions regarding the jobs they can help with. If you are under 18, it is best to contact the Volunteer Coordinator in advance.

**Contact and Sign-up:** Sign up at [www.iowavalleyhabitat.org](http://www.iowavalleyhabitat.org). Contact Leda Rouse, Volunteer Coordinator, with any questions: (319) 519-6120 or leda@iowavalleyhabitat.org
Giving Opportunities
Giving

The following are giving opportunities serving organizations around the holidays. Whether your donation is in-kind (clothing, food, etc.) or monetary, your support is critical to these organizations during this time of the year, as many see an influx of those they are serving. Your generosity is greatly appreciated!

United Way of Johnson & Washington Counties

Adopt a Family:
For individuals, families, organizations, and faith communities looking to adopt families for the holiday, please contact us directly. All families are identified and referred by United Way Partner Agencies.

Gift Ideas by Age Group:

Contact:
Patti Fields at patti.fields@unitedwayjwc.org or (319)338-7823

Give the Gift of JOY...Make a Donation in Honor of a Friend or Family Member!

Donate online at: https://www.unitedwayjwc.org/HolidayDonation

For donation questions, please contact: info@unitedwayjwc.org or call (319)338-7823
**Aging Services**

Aging Services would love to have the following items donated to Pathways Adult Day Center to help keep participants busy during the winter months!

- Markers
- Colored pencils
- Gel pens
- Puzzles
- Adult coloring books

*Contact:* Kayla Hutton, [khutton@abbehealth.org](mailto:khutton@abbehealth.org), (319)398-3644

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**The Arc of Southeast Iowa**

**Wish List:**

- Disposable gloves, all sizes but mostly medium through XL
- Disposable masks
- Non-perishable snack items such as: unsweetened applesauce, crackers, store bought frozen fruits and veggies, pasta, dried fruits
- Vegetable seed packets
- Yard Waste Bags
- Laundry detergent (unscented) and dryer sheets (unscented)
- Hand sanitizer
- Cleaning solutions (i.e. Clorox wipes, spray)
- Craft supplies (i.e. Boxes of crayons, markers, colored pencils, playdoh, acrylic paint, brushes, canvas, construction paper)
- Ziplock baggies in quart and gallon sizes
- "Sponsor an Activity" Donor can pick an activity on our upcoming event calendar and choose to sponsor that event by providing activity supplies:
  - Movie nights (every Friday) sponsor provides pizza, popcorn, movie candy and beverage for small group of kids
  - Holiday micro-bash sponsor provides cookies and decorations for small group of individuals
- Cash donations are always appreciated
- We also have an Amazon wish list with more specific items. [https://www.amazon.com/hz/wishlist/ls/4TVP587TCCTH?ref_=wl_share](https://www.amazon.com/hz/wishlist/ls/4TVP587TCCTH?ref_=wl_share)

*Contact:* Jenny Winegarden at [jennywinegarden@arcsei.org](mailto:jennywinegarden@arcsei.org)
**Clothing Closet at Iowa**
The Clothing Closet at Iowa’s mission is to provide undergraduate and graduate students at the University of Iowa with access to quality, new or used, professional clothing at no cost. Visit their website at [https://leadandserve.uiowa.edu/organizations/clothing-closet/](https://leadandserve.uiowa.edu/organizations/clothing-closet/).

**Donations Requested:**
The Clothing Closet accepts new or gently used professional attire, including shoes and accessories.

**Contact and drop off times:** Donations can be dropped off at the Iowa House Hotel front desk 24/7, or you can email StudOrg-TheCloset@uiowa.edu to coordinate a drop-off time.

Monetary donations can be made online by following this link: [https://www.signmeup.com/site/online-event-registration/134125](https://www.signmeup.com/site/online-event-registration/134125).

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**Days for Girls International – Iowa City Chapter**
Days For Girls teams distribute washable feminine hygiene kits to girls, both locally and internationally, who do not have access to adequate menstrual products.

**Donations Requested:**
- Monetary donations for purchasing supplies and shipping costs
- Panties (brief style) girl sizes 12 and 14; women size 5-6
- Washcloths
- Hotel soap
- 100% cotton fabric in bright colors
- 100% cotton flannel fabric in bright colors

**For Donations and Drop Off Information**, contact: Pam Ehrhardt, co-leader (319)800-9428 or iowacity@daysforgirls.org

**For Volunteer Opportunities**, contact: Linda Aker, co-leader, (319)400-3003 or iowacity@daysforgirls.org
Domestic Violence Intervention Program (DVIP)

Holiday Gift Drive November 2 through December 23, 2020

Every year the Domestic Violence Intervention Program provides donations in our holiday store for families to pick out the perfect gift for their loved ones.

Our holiday store is one way in which we can provide a free and confidential way for families to “shop” and make the holidays a special time for the entire family despite the fear, stress, and lack of resources so often faced by those that have experienced intimate partner violence. This service is provided by appointment to any victim/survivor that has received services from DVIP in the past year.

Wish List

- Wal-Mart Gift Cards
- Legos and blocks
- Baby Dolls
- Kitchen Sets
- Hats, Gloves, and Socks
- Toy Toolsets
- Doctor Sets
- Remote Control Cars
- Art/Science Sets (for all ages)
- Basketballs, Footballs, and Sports Equipment
- Board Games (Life, Uno, Honey Bee Tree, Battleship, Headbandz, Go Fishing, Lucky duck, Connect Four
- Card Games
- PJ’s Size 10 and Up
- Target Gift Cards
- Slime Kits
- Clothes (all ages)
- Lava Lamps
- Fingerlings
- LOL Dolls
- Toddler/Baby Toys
- Toy Cars/Trucks
- Mall Gift Cards
- Toy Animals and Dinosaurs
- Action Figures
- Dress Up and Costumes
- FurReal Critters
- Crate Creatures
- Hatchimals
- Earbuds and Headphones
- African American Barbies

Drop off

In order to make Holiday Gift donating easier DVIP has partnered with local businesses for donation drop off locations:

- Scheels - Coralville
- Lepic-Kroeger, Realtors – Iowa City
- Bluebird Café – North Liberty
- Red’s Alehouse – North Liberty

Contact to schedule a drop off or for further details: (319)359-9353
The Family Connection of Washington County

Wish List:
- Child size broom, dustpan, mop, rake, shovel
- Board or indestructible books for birth to age 4
- Board puzzles for ages 2 to 4 with knobs on the pieces
- Disinfectant wipes
- Cabinet safety latches
- Plug in covers
- Safety straps for appliances
- Toilet safety latches
- Mini blind cord concealer
- Furniture anchors
- $10 gas cards to Casey’s
- $10 grocery cards for Fareway or Hy Vee

Contact Info: Chris Glosser, Program Coordinator
319-653-7758 (Office) or 319-325-9595 (Cell) and leave a message

Address Info: The Family Connection
Washington County Public Health
110 North Iowa Avenue, Suite 300
Washington, IA 52353

Food Pantry at Iowa
The Food Pantry at Iowa’s mission is to provide nutritious food and basic necessities for University of Iowa students, faculty, and staff in need, and to fight food insecurity through education and advocacy. Visit their website at https://leadandserve.uiowa.edu/organizations/food-pantry/.

Highest Need Items (not limited to):
- Canned Soup
- Canned Tuna
- Canned Fruit
- Pasta and Pasta Sauce
- Can Openers

Additional Need Items (not limited to):
- Culturally Diverse Food
- Feminine Hygiene Products
- Toothpaste and Toothbrushes
- Toilet Paper
- Monetary donations can be made online by following this link: https://www.signmeup.com/site/online-event-registration/134125.

Contact and drop off times: Non-perishable donations can be dropped off at the Iowa House Hotel front desk 24/7, or you can email StudOrg-FoodPantry@uiowa.edu to coordinate a drop-off time for perishable or larger donations.
**Grow: Johnson County**

Grow: Johnson County (Grow) is a hunger-relief and educational farm program of the Iowa Valley RC&D. Grow leases 5 acres at the Johnson County Historic Poor Farm to grow organic produce, which is all donated to 13 hunger-relief agencies in Johnson County. Since its inception in 2016, Grow has distributed more than 100,000 pounds of fresh produce and provided food production training to hundreds of volunteers, apprentices, and workshop attendees each year.

Help us to grow good food for all in 2021 by making a contribution at [growjohnsoncounty.org/give](http://growjohnsoncounty.org/give)

**For sponsorships or donations**, contact Jake Kundert, [jake@ivrcd.org](mailto:jake@ivrcd.org)

**For volunteer opportunities**, contact Míchí López, [michi@ivrcd.org](mailto:michi@ivrcd.org)

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**Hillcrest Family Services**

**Wish List:**
- Art supplies
- Adult games
- Gift cards for eating out
- Walmart gift cards
- Warm quilts or blankets

**Contact:** Joann Sebetka at (319)341-9849
Iowa City Animal Care & Adoption Center/Friends of the Animal Center Foundation

Donations Requested: **BIGGEST NEED:** VISA, Mastercard, or gift cards to local retail stores which assists when a specific animal care item is needed- any amount is helpful!

**Dogs**
- *VERY DURABLE* dog toys- all sizes.
- Clean blankets and large bath towels
- Really tough dog chews- antlers and benebones, nylabones
- Large and X Large plush dog toys
- Wellness Brand soft dog treats

**Cats**
- Cat toys- especially little mice!
- *NutriSource* Senior Cat Weight Management Chicken & Rice dry cat food*
- *NutriSource* Cat & Kitten Food-Chicken & Rice recipe*
- Non-Scented clay or non-scented scoopable litter
- Small washable cat beds
- *Stretch & Scratch* small scratching pads
- High quality canned kitten food

**Small Animals**
- Chew sticks and toys for rabbits, hamsters, guinea pigs, & rats
- *OXBow* rabbit food, *Oxbow* guinea pig food
- Large hidey boxes for rats and small bunnies
- Small but deep water crocks

**Misc.**
- Wash Cloths and Towels
- Frontline, Advantage, and Revolution treatment for fleas and ticks
- Bleach
- Newspaper without slicks
- Small (cat size) new plastic carriers

(Currently not needed and unable to store: rabbit cages, dog crates or kennels, and dog houses. Feel free to call us for a list of other organizations we work with that may be in need of these items.)

*We feed our cats *NutriSource* Cat/Kitten Chicken & Rice or *NutriSource* Senior Cat Weight Management Chicken & Rice dry cat food. We feed our dogs *Fromm Classic* Chicken & Rice dry dog food. Find these foods at local pet supply stores or consider a monetary contribution towards food!

**Monetary Donations** may be made to FACF at PO Box 1345 Iowa City, IA 52244 or online at [www.facf.org](http://www.facf.org)

**Donation Drop off times/location:** 10:30-5:30 Mon-Fri and 10:30-3:00 Saturday
3910 Napoleon Lane, Iowa City
Shelter Phone Number: 319-356-5295
Iowa City Free Medical and Dental Clinic

Donations Requested:

- Toothbrushes, toothpaste, floss, mouth wash, floss
- Over-the-counter cold medications
- Multi-vitamins
- Heating pads
- Cold packs
- Automated arm blood pressure monitors
- Distilled water
- Office supplies: stamps, post-it-notes, 8 ½ x 11 white copy paper

Donation Drop of location: 2440 Towncrest Dr., Iowa City

Contact: Please contact the Clinic for drop off times at 319-337-4459
The Light House Center – Tribulation & Trust Ministries

Wish Lists:

Food/Kitchen:
- Dawn Dish Soap
- Napkins
- All Sizes Ziplock Storage Bags & Freezer Bags
- Bottled Water
- Spices
- Fruit Juices
- Meats
- Condiments
- Sugar
- Flour
- Pancake Mix
- Nice Pots & Pans
- Good Electric Stove
- Excellent Condition Freezers

Cleaning Supplies:
- Clorox Wipes
- Paper Towels
- Good Bagless Vacuum with Washable Filters
- Bleach
- Laundry Soap & Softener
- 39 Gallon & 13 Gallon Trash Bags

Office:
- Wide Clear Packing Tape
- Wide Strapping Tape
- Regular Masking Tape
- White Printer Labels 1"x 2 3/4"
- White Cardstock Weight Print Paper 81/2" x 11"
- Regular White Printer Paper
- Permanent Sharpie Markers (Red, Black, Blue, Green)

Personal Items:
- Shampoo
- Conditioner
- Deodorant
- Bath Gel
- Bar Soap
- Full Size Toothpaste
- Feminine Hygiene Products
- Diapers
- Baby Wipes

Other:
- Cash/Check Donations
- Gas Cards
- Ice Melt
- Box Truck
- Automobiles to help others in need

Wish list items can be dropped off at the shelter or mailed to:

The Light House Center
604 S. Iowa Ave.
Washington, IA  52353

Large items – please call the office to arrange a drop off time to ensure unloading help is available. All items should be clean and in great working condition to be accepted.

Contact:
Clairene Stoneking, Office Manager
Tribulation & Trust Ministries
cjslighthouse@yahoo.com
(319)750-1315 (mobile), (319)653-5871 (office)
Miracles in Motion Therapeutic Equestrian Center

Miracles in Motion Therapeutic Equestrian Center has been serving children and adults with disabilities, supporting veterans and strengthening communities since 1988. Our students come from Linn, Johnson and other eastern Iowa counties. There's something magical about the transformation that occurs when we bring together the energy and spirit of a horse with people in need. Confidence, comfort and strength grow exponentially. We provide a safe zone within our Therapeutic Riding, Hippotherapy Sessions, Horse 101 and veteran's class, which is called Heroes in Motion. We find success where machines, medications and traditional therapies sometimes fall short. Miracles in Motion is located on a 76-acre farm, 2 miles west of Swisher, Iowa.

Wish List:
- Upright vacuum cleaner
- Horse related silent auction items for our fundraiser
- 1 cat carrier for Equestrian Center cat care
- Printer paper

Contact: Donations or questions about our services can be directed to:
Miracles In Motion, 2049 120th St. NW, Swisher, IA 52338
Call (319)857-.4141, ask for Deb
NAMI Johnson County/R Place Peer Recovery Center

Description/Listing of Items for Care Packages:

- Mini Journals &/or notebooks (lined or unlined)
- Nice Pens for journaling (blue, black, colored gel pens)
- Pack of markers or colored pencils
- Adult Coloring Books
- Fidget spinners
- Pranarom Essential Oil Starter pack (Orange, Lavender, Peppermint) - gayladrake@gmail.com
- Mini hand sanitizer
- Mini lotion (scented or unscented)
- Lip balm
- Gift cards to Target or Amazon.com
- Sound Healing "Relief NOW" recordings - Stress Relief Now, Anxiety Relief Now, Cravings Relief Now, Depression Relief Now, Fatigue Relief Now, Insomnia Relief Now
- Or see our Amazon.com Wish List: https://www.amazon.com/hz/wishlist/ls/U48XWKPDANB/ref=cm_go_nav_hz

Agency Donation Contact Information: Jenn Day (319)354-3455 or jenn.day@namijc.org

Drop off items at: NAMIJC/R Place Peer Recovery Center, 702 S. Gilbert St., Suite 111, Iowa City, IA 52240 (Monday-Friday 9 AM-1PM), or email.
Neighborhood Centers of Johnson County

Donation Opportunities:

- PPE
- Cleaning Supplies
- Small plastic storage containers 9x6x3
  We are individualizing child play (e.g., not shared markers/crayons, play-do). This will help support this effort
- Diapers (all sizes)
- Baby Wipes
- All essential baby items (especially for a newborn baby)
  - Thermometers
  - Cribs
  - Pack n’ Play
  - Baby sleep sacks
  - Toys/ rattles for babies
  - Baby books (especially in Arabic, French, and Spanish)
  - Toothbrushes and BABY toothpaste (no fluoride)
  - Etc.
- Masks (Pre-K, Elementary, Adult sizes needed)
- Phone stand/holder
  These will be used during family tele-visits with Family Support Workers
- Sports balls
- Arts & crafts supplies (especially decorative items like glitter and stickers)
- Personal hygiene products for teenage girls
- Board games
- Journals

Contact: Chastity Dillard, Development & Volunteers Program Director
chastity-dillard@ncjc.org
North Liberty Community Pantry

Top 5 Pantry Needs:
1. Financial Contribution ($1 = 4 lbs. of food)
2. Soups and Stews
3. Canned Fruit and 100% Fruit Juices
4. Canned Meat
5. Pasta and Rice

Participate in #GivingTuesday: North Liberty Community Pantry encourages everyone to participate in Giving Tuesday this year. You’ve heard of Black Friday, you’ve heard of Cyber Monday, why not pay it forward on Giving Tuesday? Follow us on Facebook @nlcpantry and check out our website: northlibertycommunitypantry.org/givingtuesday to learn more.

Donation Drop off times/location: Mon-Thurs. 12:00PM-3:00PM
North Liberty Community Pantry
89 N. Jones Blvd., North Liberty

Contact: Kaila Rome, Executive Director, at (319)626-2711
director@northlibertycommunitypantry.org

Prelude Behavioral Services

These requests will greatly improve the lives of our patients and bring them comfort and hope. We request that items be new or gently used.

Donations Requested:
- Full-size personal hygiene products – shampoo, conditioner, deodorant, bath or shower soap, shaving cream, razors, feminine products
- Blank journals (non-wire bound) and pens
- New in package twin bed sheets and pillow sets
- Movies appropriate for an adult audience (no violence, substance abuse or gambling themes)
- Board games for adults (no gambling theme)
- Puzzles for adults (no violence, substance abuse or gambling themes)
- Art supplies – paints, brushes, construction paper, yarn, canvas boards, etc.

Contact for drop off times or questions: Roger Barnhart at (319)248-8799 or rbarnhart@preludeiowa.org
Ronald McDonald House Charities of Eastern Iowa and Western Illinois

Wish List:

- Swiffer refills
- Clorox wipes
- Grocery store gift cards

Contact: Email Jessica Field at jfield@rmhc-eiwi.org or call 319-356-4417

Table to Table

Table to Table is Iowa’s original food rescue organization. We distribute half the food that our hunger relief partners serve to Johnson County neighbors. We do this through route-based food rescue, collecting food donations of produce, meat, dairy, and bakery products and prepared meals at restaurants, grocery stores, farms, and organizations and delivering them immediately to hunger relief agencies. Our volunteers rescue over 40,000 pounds of food on average each week, serving over 12,000 of our neighbors every year.

There are so many more families that need us this season and Table to Table needs your help this winter to meet that need! We deliver fresh fruits and vegetables, dairy and protein multiple times each week at no cost to our hunger relief partners, allowing them to allocate more of their resources toward other essential services.

Your donations ensure we can continue to deliver this critical resource throughout a season which is sure to be more difficult for our community than usual.

- $165 can sponsor one of our daily food routes, each delivering an average of 1,000 pounds of food.
- $100 delivers over 600 pounds of fresh fruits and veggies, important healthy options for families in need.
- $50 provides over 250 meals for our neighbors experiencing food insecurity.

Each pound of good food costs us just 14 cents to recover from donors and deliver to the hunger relief network!

Donate to the cause at table2table.org/donation.
United Action for Youth (UAY)

1.) The holidays can be a stressful time for young mothers and young people living on their own. Donations of ethnic hair and skin care items are needed to create Self Care Kits for young women who participate in UAY programs. The kits will be distributed during the holidays.

- Items needed are listed below:
  - curl cremes, combs, silk caps, conditioner, oils, shampoo, brushes
- The following brands of products are recommended: Cream of Nature, Shea Butter, Ambi, Carol’s Daughter, Cantu, Pantene Gold Series for textured hair.

**Contact:** Kierra Pauley [Kierra.pauly@unitedactionforyouth.org](mailto:Kierra.pauly@unitedactionforyouth.org) or (319)338-7518

2.) UAY’s Young Parent Program has been supplying young moms and dads with Family Activity Kits since COVID has severely limited options for getting busy little toddlers out of the house.

- Items needed are listed below:
  - Board Books featuring children of color, puzzles, board games, crayons, kitchen timers, colored paper, glue sticks, coloring books, stickers, play-doh, foam blocks, foam letters, bath/water toys, sorting cups, dress up clothes/costumes etc.
  - *Gently used items that are clean and in good condition are appropriate for Activity Kits*

**Contact:** Kierra Pauley [Kierra.pauly@unitedactionforyouth.org](mailto:Kierra.pauly@unitedactionforyouth.org) or (319)338-7518

3.) UAY’s Transitional Living Program is in need of House Warming Kits for new residents moving into their own apartment for the first time.

- Items needed are listed below:
  - Cleaning supplies, bucket, sponge, basic tool kit, key chain, flashlight, batteries, set of towels, garbage bags, doormat, etc.

**Contact:** Kierra Pauley [Kierra.pauly@unitedactionforyouth.org](mailto:Kierra.pauly@unitedactionforyouth.org) or (319)338-7518

**Follow UAY’s Social Media (Facebook and Instagram, @unitedactionforyouth) for more information as well as an up to date listing of needs**

**Monetary donations can be made on-line at [www.unitedactionforyouth.org/donate](http://www.unitedactionforyouth.org/donate)**
University of Iowa Hospitals & Clinics (UIHC)

Warm the Sole

Buy an extra pair of socks while you’re out shopping and donate them to the Warm the Sole Clothesline, sponsored by the UIHC Holiday Committee. Items will be collected now through January 31. Collected items will be donated to local nonprofit agencies such as DVIP, CommUnity Crisis Services & Food Bank, Neighborhood Centers of Johnson County, Shelter House, and United Action for Youth.

Contact: Volunteer Services at (319)356-1065 with questions.

Angel Tree

The UIHC Angel Tree has gone virtual this year due to the pandemic.

Hawkeye items and gift cards for Amazon, Target, Hy-Vee, and Wal-Mart are in greatest need and can be sent directly to:
Volunteer Services
200 Hawkins Drive
8025 JCP
Iowa City, IA 52242

The suggested gift value is $20-$25 per person. The virtual Angel tree is sponsored by the UIHC Holiday Committee.

Contact: Linda Monroe at (319)353-6108 or Volunteer Services at (319)356-1065 with questions.
YMCA of Washington County

Donations Requested:
Children’s Christmas Bazaar – Donations of New or Used Items

Kids can come to “shop” for parents, grandparents and siblings. Items for all ages are accepted. The kids leave with their gifts wrapped and tagged so they can go under the Christmas tree when they get home and it is a surprise for their family.

Suggested items:
- Dads/Grandpas (i.e. small gift items, flashlights, small tools or mugs)
- Moms/Grandmas (i.e. candles, hand lotions, hand towels or home décor)
- Siblings (small toys or games - play dough, board games, hot wheels, hair accessories)
- Gift wrap, boxes and gift tags

Winter Activity Child and Youth Program Items
Play dough, play food for our kitchen center, board games, puzzles, magnetic building tiles, building blocks, hot wheels and farm toys

Supplies for Child Care and Youth Programs
Hand sanitizer, Kleenex, Clorox wipes and dry erase markers

How to Donate: Items can be dropped off at 520 W 5th St., Washington during business hours: Monday–Thursday 6am to 9pm, Friday 6am – 6pm, Sat 8am -4pm and Sunday 1pm – 4pm
**Shelter House, Iowa City**

**Donations Requested:**
- Cash donations which allow the purchase of items not received or can be purchased at a lower cost
- Winter coats, hats, gloves, and mittens for adults and children
- Season clothing for adults and children
- Underwear and socks (new)
- Bedding- blankets and sheet sets in all sizes
- Bus passes for job seekers

An updated list of greatest needs is posted on social media every Tuesday at 5:00pm
https://www.facebook.com/shelterhouseiowa/

Donations will be scheduled between **9am and 5pm, Monday - Friday**

Community members should call **319-351-0326** to schedule a time with Cindy or Jennifer to drop off clothing donations. Once you arrive at Shelter House, please call **319-351-0326** to provide arrival notification. **3 bags or boxes are currently accepted at one time.**

**Iowa Valley Habitat for Humanity**

**Donations Requested:**
- Monetary donations to sustain and grow our Homeownership and Helping Hands programs. Your gift can be designated to a specific project like Women Build, Interfaith Builds or the Helping Hands Repair program. Or you can designate your funds to support our general fund. Honorary and memorial gifts can also be made to recognize or remember someone special to you. Mail donations to Iowa Valley Habitat for Humanity, 2401 Scott Blvd. SE, Iowa City, IA 52240 or donate online at [www.iowavalleyhabitat.org](http://www.iowavalleyhabitat.org).

**Contact for monetary donations:** Call Tami Bonnett at 319-519-6121 or e-mail tami@iowavalleyhabitat.org

- Donate to or shop at the Habitat ReStore. Your donations to the ReStore help to fund our Homeownership and Helping Hands programs. We also offer FREE pick-up service of your donations. ReStore is open for shopping and donations Wednesday - Saturday, 9:00am-5:00pm.

**Contact for drop off times or questions:** Call the ReStore at 319-338-5687 or visit [www.iowacityrestore.com](http://www.iowacityrestore.com) for a complete list of accepted donations.
Girl Scouts of Eastern Iowa and Western Illinois

Donations to Support a Girl Scout:
Many families do not have the financial resources for their daughters to participate in Girl Scouts. This unfortunate fact is all the more true during the Pandemic. You can give the Gift of Girl Scouts to girls from struggling families this holiday season. Monetary donations can be made at www.GirlScoutstoday.org/donate

- $25 provides one year of membership for the Girl Scout Leadership Experience
- $250 sends one girl to the Girl Scout Summer Resident Camp
- $300 underwrites programs and services for one girl for a year

Donations Requested to Support Program Activities:

STEM Program Supplies:
- 3D printer and spools
- Elegoo super starter kit uno r3 project
- iPad charging and storage locker (for 30)
- 20 port USB charging station
- Laptop charging and storage station (for 30)

Life Skills Program Supplies:
- Cricut cutting machine
- Cricut heat press
- Laminator
- Medium/Large plastic totes with lids
- Postage stamps
- New small/medium cardboard boxes
- Felt (any color)
- White card stock

Outdoor Program Supplies:
- Plastic tote boxes with lids
- Outside yard games/Life-size
- Vacuum cleaners (in good working order)
- Inflatable pool toys
- Pool toys
- Pool noodles

Outreach Initiative Program Supplies:
- Ziploc bags (sandwich, quart, and gallon)
- Markers
- Button coin cell batteries (3V)
- LED diode lights

Contact: Stacy Anfinson at StacyA@girlscoutstoday.org or 319-363-8335
CommUnity Crisis Services and Food Bank
Donations Requested for Project Holiday:

Visit builtbycommunity.org/project-holiday to provide a complete holiday meal to a local family with your $25 donation.

**Top 10 Needed Items:**
1. Financial Donations
2. Canned Fruit in Juice
3. Peanut Butter
4. Canned Meat
5. Baby Diapers
6. Baby Formula
7. Rice & Pasta
8. Hearty Soups & Stews
9. Toilet Paper
10. Laundry Detergent

**Donation Drop Off Hours**
Please call the Food Bank at 319-351-0128 to schedule a donation drop off.

**Location:** 1121 S. Gilbert Ct. Iowa City, IA 522240

Coralville Community Food Pantry

Monetary donations are most helpful (for every $1 donated, we can secure $30+ worth of food from HACAP, our local food reservoir)

**Donations Needed:**
- Baby Food
- Diapers
- Toilet Paper
- Feminine Hygiene Products
- Dog & Cat Food

**Contact:** Paola Jaramillo Guayara at paola@coralvillefoodpantry.org
Home Ties Child Care Center and 4Cs Community Coordinated Child Care

The 4Cs mission is to promote the well-being of young children in Johnson County by advocating for quality, affordable, accessible childcare. We support families and those providing childcare through training, education, information, resources and services. Our Home Ties Child Care Center serves low income families and families experiencing homelessness.

Donations Requested:
- Monetary Donations
- Aldi and Walmart Gift Cards
- Baby Food
- Diapers, sizes 2-5
- Formula
- Baby Wipes
- Facial Tissues
- Anti-bacterial and liquid soap refills
- Child Sized Face Masks
- Crayons and Markers
- Glue sticks and Elmers School glue
- Scotch tape
- Crock Pot
- Cutting Boards
- Knives
- Toaster
- Baking Sheets
- Adult Sized Face Masks

Contact: Missie Forbes, 319-338-7684, missie@iowa4cs.com

CHOICES Drop-In Center

Donations Requested:
Women’s and Men’s Winter Gloves, Hats, Scarves, and Socks

Donation Drop Off:
CHOICES Drop-In Center, 114 West 2nd Street Washington, Iowa 52353 (319) 591-8176
Resources

Volunteering and giving opportunities are not the only ways to give back to the community. Here are some alternatives:

Holiday Entertainment
Provide *virtual* holiday entertainment to residents of assisted living homes, group homes, or to people who are not able to remain in their own homes due to illness.

Bake Treats
Contact a non-profit and thank them for their services in your community by baking a treat or providing a meal to the office.

Give an Alternative Gift
Donate money or supplies to a local non-profit in the honor of your friends and family.

Organize a Giving Circle
Invite friends and family to join a giving circle for the holidays. Select a cause or organization you would like to support and set your giving goal.

Make a Resolution
Identify a need. Find your passion. Give an hour. Give a Saturday. Give 110%.

Questions?
Contact United Way of Johnson and Washington Counties with any questions and for all of your volunteer needs!
Phone: (319)338-7823; Email: info@unitedwayjwc.org