United Way of Johnson & Washington Counties
2021 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 holidays 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: www.volunteercenterjwc.org.
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.

Ronald McDonald House Charities of Eastern Iowa and Western Illinois

Winter Volunteer Opportunity – Providing:
- Care packages/activity baskets
- Preparing dinner for families or donating a catered meal.
Volunteer sign-up: https://rmhc-eiwi.org/volunteer-meal-opportunities/

Date(s): November-February
Time(s): Chosen by volunteer
Contact: Email Kailee Ammons at kammons@rmhc-eiwi.org or call 319-356-3939

United Action for Youth (UAY) Volunteer Opportunities

Create Well Being Kits for Local Youth

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 then create 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: Mickey Hampton Mickey.Hampton@unitedactionforyouth.org or (319)338-7518
**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
CommUnity Crisis Services and Food Bank

Project Holiday 2021

Date(s): Monday, December 13 - Saturday, December 18
Time: Varying shifts throughout the day; each shift is 2 hours long
Location: Varying locations, delivery shifts available

Description: Project Holiday is CommUnity’s annual holiday meal distribution, serving Johnson County families. This year’s distribution will take place at Pepperwood Plaza Food Bank, Coralville Community Food Pantry, and North Liberty Community Pantry, as well as by delivery. Volunteers are needed to help greet shoppers, stock groceries, and distribute holiday meals.

Agency Contact Information: Food Bank Manager, Krystal Kabela at krystal.kabela@builtbycommunity.org or call the Food Bank at 319-351-0128

Volunteer Sign-up Information: https://builtbycommunity.org/about-project-holiday/

Crowded Closet Thrift Shop

Winter Volunteer Opportunity:
Join our volunteer team to provide excellent customer service and donation processing during our busy holiday shopping season.

Date(s): November through January
Time(s): Saturdays, 9:00am-4:00pm & weekdays during business hours
Location: Crowded Closet Thrift Shop, 851 Hwy 6 E, Iowa City
Contact: Christine Maust Beachy, Volunteer Coordinator
Volunteer Sign-up: (319)337-5924 or crowdedcloset.volunteer@gmail.com
**Houses into Homes**

Houses into Homes provides gently used beds, furniture, and household items for families and individuals in Johnson County who are exiting homelessness, domestic violence, and other crisis situations.

Our mission is to help people feel the comfort of home and to do so in a way that honors their experience and engages them with unconditional positive regard. Houses into Homes is the only organization of its kind in Johnson County. We also proudly offer volunteers, recipients, donors, and staff a unique opportunity to meet and impact those with whom they share our community.

**Date(s):** Ongoing  
**Time(s):** Flexible shifts Monday-Friday 9-5 & some weekends  
**Location:** 401 6th Ave., Coralville

**Volunteer Opportunities:**
1. **Warehouse Projects:** Help with important warehouse projects, such as moving furniture, sorting incoming donations, packing for recipient deliveries
2. **Deliveries:** Donate your time (and muscle) to help load our box truck at the warehouse and then unload items at our recipients’ homes.
3. **Impact Hour:** Make a BIG impact in a short amount of time by bringing 4-8 of your friends and/or coworkers for one hour during the day to work on small projects

**Agency Volunteer Contacts:** Kristi Emick or Patti Paradee, Volunteer Coordinators at volunteer@housesintohomes.org

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**North Liberty Community Pantry**

**Dates:** Varied

**Location:** North Liberty Community Pantry 89 N. Jones Blvd., North Liberty, IA 52317

**Description:** Volunteers will assist the pantry with daily operations for the families served to receive the food and/or toiletries they need.

**Contact and sign-up:** For more information, please contact: volunteer@northlibertycommunitypantry.org
The Bird House, Hospice Home of Johnson County

Holiday Lights at the Lake Volunteer Opportunity

This year The Bird House is taking on a new fundraising opportunity. From Thanksgiving Evening through New Year’s Eve, The Bird House will be hosting a holiday light display at the West Overlook Campground.

**Dates:** November 25th through December 31st  
**Location:** West Overlook Campground at the Coralville Reservoir

**Description:** Volunteers will collect tickets and money, direct traffic, turn the lights on at the beginning of the evening and off at the end of the evening. No heavy lifting required but warm clothes might be a must. There will be a place for volunteers to warm up during their shift. Volunteers must be at least 16 years old.

**Volunteer Sign-up:** [https://www.signupgenius.com/go/60b044baaab2ba7f58-holiday](https://www.signupgenius.com/go/60b044baaab2ba7f58-holiday)

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University Of Iowa DeGowin Blood Center

**Date(s):** Ongoing  
**Time(s):** Selected by Volunteer  
**Location:** DeGowin Blood Center in the University Hospital or one of our community blood drives  
**Description:** Help patients at University of Iowa Hospitals & Clinics and UI Stead Family Children’s Hospital this winter by taking the time to donate whole blood or platelets. All blood types welcome, no experience needed.

**Agency Contact Information:** DeGowin Blood Center, 319-356-2058 or degowin-blood-center@uiowa.edu  
**Volunteer Sign-up Information:** uidegowinbloodcenter.org or 319-356-2058
Table to Table volunteers rescue and deliver more than half of the food that Johnson County hunger relief partners serve to our neighbors at no cost. Volunteers rescue food donations from grocery stores, restaurants, farms, and food warehouses and deliver them immediately to hunger relief agencies. Collectively, volunteers rescue over 40,000 pounds of food on average each week, serving thousands of our neighbors every year. More than half of the food we rescue is fresh produce, meat, and dairy.

**Date(s):** Throughout winter  
**Time:** 2-3 hour shifts between 8:00 AM - 1:00 PM Monday - Saturday  
**Location:** 1049 US-6 E (Pepperwood Plaza), Iowa City  
**Description:** Table to Table needs your help this winter to meet the need! While we aren’t open on Thanksgiving or Christmas Day, we do especially need help during the holiday season when there is more food to rescue and fewer people who can help. We’ll need extra help covering our food rescue route shifts and keeping our vehicles clean and ready for routes throughout the winter in our shop. We ask that food rescue route volunteers make a 30-hour total time commitment. Shop volunteers do not need to make a 30-hour time commitment.

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

**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 table2table.org/volunteers.

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**Coralville Food Pantry**  
**Winter Volunteer Opportunity:** Many families and individuals in our community struggle daily to secure enough food to eat. The Coralville Community Food Pantry (CCFP) works to address this issue by offering weekly food assistance to anyone in Coralville who needs it. Volunteers are helping members register, guiding members through the pantry, checking members in. There are behind the scene opportunities, stocking shelves and receiving orders when closed to the public as well as serving as a delivery driver, getting families weekly groceries through no-contact deliveries.

**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
Iowa City Free Lunch Program

Date(s): November 13 through January 27  
Time(s): 10:30am-1:30pm various days, 2-5pm on Nov. 13  
Location: 1105 S. Gilbert Ct. #100, Iowa City, IA 52240

Description: Every Monday through Saturday, Free Lunch Program serves a noon meal, usually hosted by teams from various community groups. Volunteers are needed for Open Days when no pre-formed team is designated. Open Day Volunteers work 10:30am-1:30pm to prepare and serve approximately 100 meals to-go, as the FLP dining room currently remains closed for COVID. Volunteers are especially needed for Open Days around the holidays, as hunger knows no season!

Age Restriction: Any volunteer under the age of 15 must be accompanied by a directly supervising adult.

Agency Contact Information: Diane Platte icfreelunchvolunteers@gmail.com or 319-775-0616

Volunteer Sign-up Information: https://www.signupgenius.com/go/10c0f4caee2ba6f5c52-open1

Miracles in Motion Therapeutic Equestrian Center

Dates: Daily  
Time: 7:00 am or 3:30 pm  
Location: Miracles in Motion, 2049 120th St. NW, Swisher, IA 52337

Description: Chores with the morning or afternoon horses

Contact and sign-up:  
   Deb at 319-857-4141  
   Miraclesinmotion.com
Domestic Violence Intervention Program (DVIP)

Volunteer Opportunities: Domestic Violence Intervention Program has upcoming volunteer opportunities to help support our organization.

November 17th-19th we will be preparing the location for our Holiday Store and will need assistance cleaning and decorating the space to prepare for store set-up. Interested volunteers can contact the Volunteer Coordinator for more details.

Saturday, December 18th from 10am-3pm DVIP staff and volunteers will be wrapping gifts at the Coral Ridge mall to raise funds for our organization. Volunteers are needed for gift wrapping for 2.5 hour shifts during the scheduled time. Please contact the Volunteer Coordinator if you are interested in assisting us with this festive event!

As per our policy, DVIP requires masks and social distancing for all of our volunteers.

Contact: Allison Tippe - DVIP Volunteer Coordinator (319) 359-9353 or email at allisont@dvipiowa.org

Shelter House, Iowa City

Winter Shelter Support

Date(s): Monday-Sunday
Time(s): 5pm-8am Starting December 1st
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
**Summer of the Arts**

**Holiday Thieves Market**

**Date(s):** December 3-5; please note that the Holiday Thieves market is open to the public on December 4-5. December 3 is a setup day.

**Time(s):** Various shift times, 2-2.5 hours in duration; please visit the volunteer sign up form for specifics (see link below).

**Location:** Hyatt Regency Coralville, 300 E. 9th St, Coralville, IA  52241

**Description:** The Holiday Thieves Market, formerly held at the Iowa Memorial Union, is a long-standing local shopping tradition, and this year it's back on December 4-5. We need door holders on December 3-5 to make load-in and load-out easier for our 63 participating artists. Please note that you will not handle artwork. Door holders will stand at their assigned door, greet artists, and open and close doors as needed. This simple act of kindness helps artists efficiently unpack on Friday afternoon/ Saturday morning and pack up on Sunday evening. It also helps to save heating energy in the process! Volunteers will receive a t-shirt and small goodies.

**Agency Contact Information:** Andrea Truitt, Community Relations Manager 319-337-7944 or andrea@summerofthearts.org

**Volunteer Sign-up Information:** [https://igfn.us/form/vVpNZw](https://igfn.us/form/vVpNZw)
Girl Scouts of Eastern Iowa and Western Illinois

Volunteer Opportunity

Date: January 15, 2022  
Time: 8:00am-Noon, Noon-4:00pm, 4:00pm-8:00pm  
Location: University of Iowa, Iowa Memorial Union, 125 N Madison St, Iowa City, IA 52242

Description: Journey the World: K-12 girls learn about countries, cultures, and combating climate change around the world with hundreds of other Girl Scouts at this exciting, refreshed event. The University of Iowa group Graduate Women in Science partners with Girl Scouts to connect attendees with various University scientists, community professionals, and people from around the world!

Volunteers are needed to assist with various event needs throughout the day.

Agency Contact Information: Amanda Kline, amandak@GirlScoutsToday.org  
Volunteer Sign-up Information: https://www.signupgenius.com/go/5080b4fad6a2fada2fa3fa7-journey

The Light House Center – Tribulation & Trust Ministries

Volunteer Opportunities:

- Help load and move furniture, etc. Monday-Saturday at 980 West 5th Street, Washington, Iowa. Call the office at (319)653-5871 to schedule.

- Hang clothes, set things out on shelves for shoppers, etc. Monday-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.
**Salvation Army**

**Bell Ringers**

**Miracle of the Bell**

**Date:** November 19 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 19 through Christmas Eve. Multiple time slots are available, beginning with two-hour slots.

**Contact and sign-up:**
Ashton Hollis 319-337-3725  
Website: [http://www.registertoring.com](http://www.registertoring.com)

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**Toys for Tots**

**Date:** Registration: October 4 – December 4  
**Packing & Distribution Dates:** December 13 - December 18

**Time:** Multiple time slots

**Locations:**
- Registration: 1116 S. Gilbert Court, Iowa City  
- Packing and Distribution site: Pepperwood Plaza – 1059 Hwy 6 E, Iowa City, IA 52240  
- Distribution Dates: December 20 – December 22  
  - Make up day (for those that didn’t sign up): December 23

**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](https://centralusa.salvationarmy.org/iowacity)
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 much 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

Be HOPE for the Holidays
Make a Donation in Honor of a Friend or Family Member!

Donate online at: https://donate.onecause.com/2021-uwjwcholiday

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

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: Amazon, VISA, Mastercard, or gift cards to local retail stores provide specific animal care items as needed and are helpful in any amounts!

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

Cats
- Cat toys, especially little mice, wand toys, and “kickers”
- *NutriSource* Senior Cat Weight Management Chicken & Rice dry cat food
- *NutriSource* Cat & Kitten Food, Chicken & Rice recipe*
- Unscented clay or unscented scoopable litter
- Small washable cat beds
- Stretch & Scratch small scratching pads
- High quality canned kitten food like Royal Canin Mother and Babycat

Small Animals
- Chew sticks and toys for rabbits, hamsters, guinea pigs, and 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

*Items 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 that may be in need of these items.*

*Cats at the Center are fed *NutriSource* Cat/Kitten Chicken & Rice or *NutriSource* Senior Cat Weight Management Chicken & Rice dry cat food. Dogs are fed *Fromm Classic* Chicken & Rice dry dog food. Find these foods at local pet supply stores or consider a monetary contribution towards food!*

Send monetary donations to: FACF at PO Box 1345 Iowa City, IA 52244 or online at www.facf.org

Donation Drop off times/location for ICAC: 10:30-5:30 Mon-Fri and 10:30-3:00 Saturday
3910 Napoleon Lane, Iowa City
Animal Center Phone Number: 319-356-5295
**North Liberty Community Pantry**

**Top Pantry Needs:**
1. Financial Contribution ($1 = 5 lbs. of food)
2. Soups and Stews
3. Canned Meat and Proteins
4. Toiletries (soaps, body washes, shampoo and conditioner, deodorant, etc.)
5. Pasta, Rice, Boxed Dinners
6. Canned Vegetables and Fruits

**Donation Drop off times/location:** Mon-Thursday 12:00PM-5:00PM  
North Liberty Community Pantry  
89 N. Jones Blvd., North Liberty  
Please call ahead of time to schedule a drop off if you are having a food drive.

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

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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, Drop Off Information and Volunteer Opportunities Contact:**  
Pam Ehrhardt, leader (319)800-9428 or iowacity@daysforgirls.org
Domestic Violence Intervention Program (DVIP)

Holiday Gift Drive November 8 through December 23, 2021

Each 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
- African American Baby Dolls
- Kitchen Sets
- Hats, Gloves, and Socks
- Toy Toolsets
- Doctor Sets
- Board Games (Life, Uno, Honey Bee Tree, Battleship, Headbandz, Go Fish, Connect Four

- Remote Control Cars
- Art/Science Sets (for all ages)
- Basketballs, Footballs, and Sports Equipment
- Minecraft Toys
- Fortnite Toys
- Scooters and Hoverboards
- Earbuds and Headphones

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
- Willowwind School – Iowa City

- Hurts Donuts – Coralville
- First Presbyterian Church – Iowa City
- Zen Salon & Spa – Iowa City
- Applebees – Coralville
- The Knit Hole – Downtown Iowa City

Contact the Volunteer Coordinator to schedule a drop off or for further details:
(319)359-9353
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.
- Wii Fit
- Exercise Bands

**Contact for drop off times or questions:** Michelle De La Riva 515-576-7261 Ext 1226 or michelled@cfrhelps.org

Ronald McDonald House Charities of Eastern Iowa and Western Illinois

**Wish List:**
- Gifts for teenagers
- Scent and Dye Free Laundry Detergent (HE)
- Rejuvenate LVT or All Floors solution cleaner refills
- 13-gallon trash bags
- Multi-surface Antibacterial Pledge
- Bleach
- Dishwasher liquid or pods
- First Class Postage Stamps
- Clorox Wipes
- Scrubbing Bubbles bathroom cleaner
- Toilet bowl cleaner
- Ziplock bags

**Contact:** Email Kailee Ammons at kammons@rmhc-eiwi.org or call 319-356-3939
Table to Table

Table to Table is Iowa’s original food rescue organization. We distribute more than half of 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 grocery stores, restaurants, farms, and organizations and delivering them immediately to hunger relief agencies.

This winter, Table to Table will deliver 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.

- $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.

Contact: Donate to the cause at table2table.org/donation or call 319-37-3400. $1 = 6 lbs of food rescued and delivered to the hunger relief network!

Iowa City Free Lunch Program

The Iowa City Free Lunch Program serves many guests who experience chronic homelessness and live outside. Winter gear will help them survive the cold. Items will be distributed on an as-needed basis, all winter long. You can also help support the Free Lunch Program's mission of "an open door, a full plate, no questions asked" by visiting https://iowacityfreelunch.org/support/

Description/List of Items: Waterproof or insulated gloves (not stretch knit), Hats (large size), Warm socks (must be new)

Donation Drop off times/location: 11am-2pm Monday-Saturday, 1105 S. Gilbert Ct. #100, Iowa City, IA 52240

Agency Donation Contact Information: Diane Platte at icfreelunchvolunteers@gmail.com or 319-775-0616
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, craft supplies, paper products and dry erase markers

Free Early Out Program
Craft supplies, paper products for snacks, Clorox wipes and Kleenex

How to Donate: Items can be dropped off at 520 W 5th St., Washington during business hours: Monday–Thursday 7am to 8pm, Friday 7am – 6pm, Sat 8am -4pm and Sunday 1pm – 4pm, or check out our lists on Amazon Smile at:
Child Care Center: https://www.amazon.com/hz/wishlist/ls/2EGIUBLLCJNQH?ref_=wl_share
Early Out Program: https://www.amazon.com/hz/wishlist/ls/PS6M0AFGSU36?ref_=wl_share
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 Gift Cards from:

- Tractor Supply
- Menards
- Costco

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
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
- Amazon Gift Cards
- Aldi and Walmart Gift Cards
- Baby Food
- Diapers, sizes 2-5
- Formula
- Baby Wipes
- Kleenex
- Boys Clothing (size infant to preschool)
- Child Sized Face Masks
- Adult Sized Face Masks
- Toys Ages Infant Through 5 Years
- Crayons and Markers
- Glue sticks and Elmers School Glue
- Scotch tape
- Colored Printer Paper
- Construction Paper
- Child Sized (preschool) Scissors
- Bird Seed
- Anti-bacterial and liquid soap refills
- Paper Plates
- Paper Towels
- Cutting Boards

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

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 for a complete list of accepted donations.

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

- Crayons
- Markers
- Colored pencils
- Glue
- Paint
- Soft fleece throw blankets

Donation Contact Information: Carrie Meade (319) 339-6162
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 creams, 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: Mickey Hampton  Mickey.Hampton@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: Mickey Hampton  Mickey.Hampton@unitedactionforyouth.org  or (319)338-7518

3.) UAY’s Transitional Living Program is in need of Housewarming 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: Mickey Hampton  Mickey.Hampton@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
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
Share the joy of the holidays by donating a gift to a UI Hospitals & Clinics patient! Your generous donations will help our Activities Therapy staff reach their goal of offering a gift to each long-term inpatient during the holiday season. The UI Holiday Committee has partnered with Volunteer Services-sponsored businesses to continue the virtual Angel Tree this year. Suggested gifts include Hawkeye apparel, salon items, and more can be found online at https://wildrosegifts.org/angel-tree.

All proceeds from gifts purchased for the Angel Tree through the website will go directly towards programs that benefit our patients and their families at UI Hospitals & Clinics and UI Stead Family Children’s Hospital.

Rossi Clothing Drive
The Helen Rossi Clothing closet was established in 1997, with the Rossi Lodging Program, to assist critically ill patients and their families. The "Rossi Closet" relies on donations of new items and is visited several times a day by nursing, social workers, and guest services staff to accommodate the emergent needs of adult and teen patients. The clothes are given to patients at discharge whose garments may have been destroyed by traumatic situations. Items can be purchased and donated using the Helen Rossi Closet wish list, and will be delivered directly to UI Health Care.
**Shelter House, Iowa City**

**Donations Requested:**
- Cash donations which allow the purchase of items not received or can be purchased at a lower cost
- Amazon Wishlist: [https://www.amazon.com/hz/wishlist/ls/QYF1VUCCOKMG/ref=hz_lsBizEx](https://www.amazon.com/hz/wishlist/ls/QYF1VUCCOKMG/ref=hz_lsBizEx)
- Clothing (sizes Large-4XL): Winter coats, sweatshirts, sweatpants, (new) socks and underwear, and new long underwear
- Warming: Hats, gloves, hand and feet warmers, twin blankets, pillows, and winter boots
- Hygiene: razors, lip balm, deodorant, foot powder/spray, shampoo/conditioner, body wash, towels, and washcloths
- Beverages: Bottled water, fruit drink mixes, coffee, hot chocolate packets, and creamer and sugar packets
- Medical items: Ibuprofen, acetaminophen, cough drops, and band-aids
- Miscellaneous: Paper plates, paper cups, paper bowls, plastic silverware, earplugs, refillable water bottles
- Food: Bread, peanut butter, jelly, ramen cups, mac & cheese cups, chicken or tuna packets, ketchup, mustard, salad dressing, granola bars, individual chips, fruit snacks, crackers, etc.
- 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/](https://www.facebook.com/shelterhouseiowa/)

Donations can be dropped-off between **9am and 5pm, Monday – Friday** at 429 Southgate Ave, Iowa City. 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.**

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**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
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:
- Monetary Donations
- Baby Food
- Diapers (Adult and children, all sizes)
- Period products (tampons, menstrual cups, panty liners, etc.)
- Personal care products (toilet paper, shampoo, soap, etc.)
- Pet food (dog & cat)

Contact: Paola Jaramillo Guayara at paola@coralvillefoodpantry.org

Houses into Homes

Donation Wish List of Commonly Needed Items:

- New or gently used:
  - Mattresses, box springs, and bedframes
  - Pots and pans
  - Bakeware
  - Silverware
  - Bathroom hand towels and washcloths
- Financial donations

To donate items:
- Donation Drop off: https://www.housesintohomes.org/dropoff-donations-1
- Donation Pick-up: https://www.housesintohomes.org/furniture-pick-up-request

Questions? Contact Houses into Homes at: https://www.housesintohomes.org/contact

HACAP

Description/Listing of Items: HACAP Adopt-A-Family Donors will have the opportunity to donate gift cards to a family online. Gift cards will be provided to families for food, clothing, and basic necessity items. Donors will also have the ability to choose their family size on the online donation form starting November 1st at https://www.hacap.org/.

Agency Donation Contact Information: Holiday Assistance Team holidays@hacap.org or call 319-393-7811 ext. 1005.
**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 through the [University of Iowa Center for Advancement](https://leadandserve.uiowa.edu/organizations/clothing-closet/), please select "see additional options or make multiple gifts" and then "other." Specify it should be given to the Clothing Closet at Iowa.

The Clothing Closet at Iowa also accepts monetary donations in the form of cash or check (make payable to "Clothing Closet at Iowa"). Donations can be accepted at the Student Engagement Main Office in IMU 157.

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**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/](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

**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. Donations made through the Center of Advancement are tax-deductible!

** Monetary Donations** can be made online through the [University of Iowa Center for Advancement](https://leadandserve.uiowa.edu/organizations/food-pantry/), please select "see additional options or make multiple gifts" and then "other." Specify it should be given to the Food Pantry at Iowa.

The Food Pantry at Iowa also accepts monetary donations in the form of cash or check mailed to the following address: Food Pantry at Iowa, Iowa Memorial Union, 125 N Madison St, Iowa City, IA 52242.
CommUnity Crisis Services and Food Bank

- Donate a holiday meal for local families. Each $25 donation provides all the groceries needed to make a homecooked holiday meal. [https://builtbycommunity.org/donate-project-holiday/](https://builtbycommunity.org/donate-project-holiday/)

- Help a local family heat their home with a gift to CommUnity's Basic Needs program. CommUnity receives hundreds of requests for Housing and Utility Assistance during the cold winter months. A gift of $100 not only heats a home, but it also provides safety and comfort. [https://builtbycommunity.org/donate/](https://builtbycommunity.org/donate/)

- The holidays can be a difficult time of year, ensure there's always someone to listen with a gift to CommUnity's Crisis Intervention program. Crisis Intervention volunteers and staff are available 24/7 to talk through emotional distress, mental health concerns, and even suicidal thoughts. [https://builtbycommunity.org/donate/](https://builtbycommunity.org/donate/)

Donation Contact Information: Julia Winter, Director of Development 319-351-2726 ext. 105
Or E-mail: julia.winter@builtbycommunity.org

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 130,000 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 2022 by making a contribution at: [https://www.growjohnsoncounty.org/donate](https://www.growjohnsoncounty.org/donate)

For sponsorships or donations, contact Jason Grimm, jason@ivrcd.org

For volunteer opportunities, contact Lisa Stark, lisa@ivrcd.org
Neighborhood Centers of Johnson County

Donation Opportunities

**Family Support Programs (Parents with young children)**
- Winterization kits (item to keep drafts out of windows and doors, carbon monoxide protectors, etc.)
- Blankets
- Warm clothing for adults and children (gloves, hats, coats, scarves, sweatshirts, boots, etc.)
- Diapers (all sizes)
- Baby wipes

**Before & After-School Programs (ages 5-12)**
- Art supplies (markers, glue, fuse beads, beading string, anything for beads)
- Board games (ages 3 to 12)
- Hula hoops, balls, jump rope,
- Dramatic play (dollhouses, baby dolls, puppets, etc.)
- Children's books (k-6 grade)

**Early Childhood Programs (age up to 5)**
- Magnatiles (multiple sets)
- Jumbo Magnatiles (multiple sets)
- Markers
- Construction paper
- Glue (white and clear)
- Glue sticks
- Kinetic Sand
- Dry Erase markers
- Playdough
- Playground balls
- Child size shovels and buckets for sand
- Multi-cultural baby dolls
- Dollhouse furniture
- Children's Books (main character is a person of color)
- Simple board games (ages 3-6)
- Madd Matter
- Sensory table for preschoolers
- Puzzles (ages 2-6)
- Watercolor
- Literacy materials (ages 2-6)
- Math materials (ages 2-6)

**Agency Donation Contact Information:** Chastity Dillard, Development & Volunteers Program Director, chastity-dillard@ncjc.org
The Arc of Southeast Iowa

Wish List:

- Garden seed packets
- Yard Waste Bags
- Craft supplies (i.e. Boxes of crayons, markers, colored pencils, playdoh, acrylic paint, brushes, canvas, construction paper)
- “Sponsor an Activity” Donor can pick an activity on our upcoming event calendar ([https://www.arcsei.org/events/](https://www.arcsei.org/events/)) 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
- Amazon wish list with more specific items. [https://a.co/3CRS2da](https://a.co/3CRS2da)

Agency Contact: Jenny Winegarden at jennywinegarden@arcsei.org
The Light House Center – Tribulation & Trust Ministries

Wish Lists:

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

**Cleaning Supplies:**
- Clorox Wipes
- Paper Towels
- Bleach
- Laundry Soap & Softener (urgent need)
- 39 Gallon & 13 Gallon Trash Bags
- Pine-Sol/Toilet Bowel Cleaner

**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
- Toilet Paper

**Other:**
- Cash/Check Donations
- Gas Cards
- Ice Melt
- Automobiles to help others in need
- Grocery Store and Walmart Gift Cards

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)
Resources

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

Holiday Entertainment
Provide 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