

Micro-Volunteering Project to Go Packs

HEALTHY SNACK PACKS FOR TODDLERS

This is a meaningful volunteer activity that helps educate families about healthy snacks while feeding a hungry toddler. Most of the families served at Infant Crisis Services are struggling to provide even the basic necessities to their children. That means providing healthy snack options are totally out of reach for many of our families. By creating Healthy Snack Packs for Toddlers, you will be creating healthy and stronger families.

Guidelines:

- Be sure nothing is less than a month from expiring.
- Snacks must be **individually wrapped and pre-packaged**.
- We typically add a drink and two snacks per bag.
- Please no candy or nuts.
- No perishable food items such as fresh fruit or veggies.
- Place everything in a clear sack to allow parents to see what they are choosing for their child.
- Create as many snack packs as you like.

Healthy snack pack suggestions:

- Organic applesauce
- Puffs (fruit or veggie)
- Organic fruit snacks
- Juice drinks
- Organic cookies or crackers
- Protein or squeezable fruit or veggies



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TODDLER FOOD PACKS

This volunteer opportunity means a toddler will have three meals a day for a week. Your impact will mean that the toddler receiving the food will have healthy food options when they are food insecure. 1 in 4 children in Oklahoma go to bed hungry. By completing this at shelf stable home project, you will be reducing anxiety, hunger, delays in growth and learning, and stress. Your finished project increases hope, full tummies, encourages healthy food choices, promotes growth both mentally and physically. Thank you for choosing this project to help the littlest in your community.

Guidelines:

- Check expiration dates. Nothing that expires in less than a month.
- No homemade food please. Store bought and pre-packaged please.
- Use two paper sacks to contain your project. Reusable bags are fine as well.
- Create as many as you like! Remember: 1 completed toddler pack = 1 toddler fed for a week.
- Generic brands are fine to use.
- All items must be shelf stable

Toddler pack suggestions:

- Two paper grocery sacks
- Happy O's cereal
- 3 cans of fruit (not in syrup)
 - Suggestions: applesauce, peaches, mixed fruit
- 3 cans of veggies:
 - Suggestions: green beans, carrots, mixed veggies
- 2 cans of beans:
 - Pinto/ kidney beans
 - Black beans
- 1 package of spaghetti pasta
- 1 can of Hunt's spaghetti sauce
- 1 bag of dried beans or rice

Optional:

- Oatmeal (plain)
- Canned chicken
- Can opener



THANKSGIVING PACKS FOR BABIES & TODDLERS

This is a meaningful volunteer activity that will help feed a hungry baby or toddler during the Thanksgiving season. Many of the families served at Infant Crisis Services are struggling with basic necessities and are unable to provide these types of foods for their children. Providing a Thanksgiving food pack for their little one will help make the season a little brighter.

Guidelines:

- Be sure nothing is less than a month from expiring
- Snacks must be individually wrapped and pre-packaged.
- We typically add a drink and two snacks per bag.
- Please no candy or nuts.
- Nothing perishable such as fresh fruit or veggies.
- Place everything in a clear sack to allow parents to see what they are choosing for their child.
- These white trays work best for the glass jars. Use clear sacks or cellophane wrap tied at the top to hold it all together.
- You are welcome to add a tag with a positive message!
- Please use baby food for the infant packs and toddler food for the toddler packs.
- Create as many as you like.

Thanksgiving food suggestions:

- Organic applesauce
- Puffs (fruit or veggie)
- Organic veggies
- Organic milk or juice drinks
- Turkey dinner baby food
- Squeezable fruit or veggies
- Apple puffs or apple baby food



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HYGIENE BAGS

Hygiene items are a luxury when you are in a financial crisis. Many of the families served at Infant Crisis Services have older children who need to smell and feel good for school. Hygiene bags will help them boost their self esteem, relieve the family from some financial stress, and most of all, provide a little hope. This may seem like a small task, but it will make a huge impact. You can assemble adult, child, or baby hygiene bags. These can be travel size items or regular size items.

Guidelines:

- Be sure nothing is less than a month from expiring, if it has an expiration date.
- Please everything in a clear sack to allow families to choose what they need.
- Create as many hygiene bags as you like.

Hygiene supplies suggestions:

- Q-tips, Kleenex, toilet paper, cotton balls
- Deodorant
- Shampoo/conditioner
- Soap and wash cloth, face wash
- Toothpaste, tooth brush, floss, mouthwash
- Pads or Tampons, or breast pads for nursing mothers
- Razors and shaving cream both (male and female)
- Hand sanitizer
- Baby soap/baby wash cloths
- Lotion or chap stick, sunscreen
- Brushes or combs



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HOLIDAY GIFT PACKS FOR INFANTS

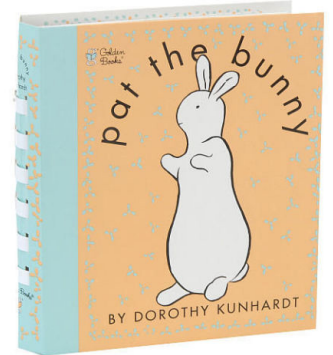
This is a meaningful volunteer activity that will help a parent provide a holiday gift for their baby who might not otherwise have the means to purchase one. You will be providing hope and encouragement to parents while offering developmentally and age appropriate activities to babies. You can make as many packs as you wish with as many items as you wish. The pictures to the right are just a few suggestions.

Guidelines:

- Infants are considered under 12 months of age.
- Check for age appropriateness of all items.
- Please select new items only.
- Please place everything in clear bags to allow families to choose what their baby would like. Giving parents the ability to choose items for their children helps promote encouragement and hope during a critical time in their life.

Holiday gift packet suggestions:

- Rattles
- Small books
- Lovie
- Bottle
- Teething rings
- Bath toy - rubber ducky
- Cloth books
- Pacifier



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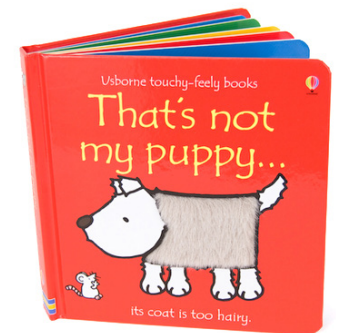
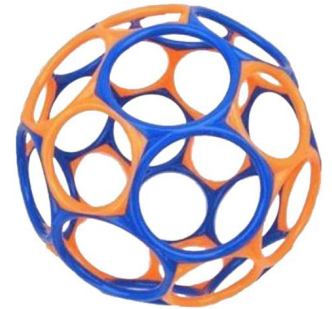
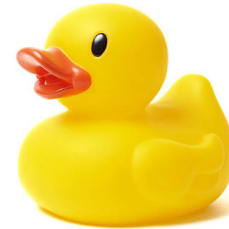
This is a meaningful volunteer activity that will help a parent provide a holiday gift for their toddler who might not otherwise have the means to purchase one. You will be providing hope and encouragement to parents while offering developmentally and age appropriate activities to toddlers. You can make as many packs as you wish with as many items as you wish. The pictures to the right are just a few suggestions.

Guidelines:

- Toddlers are considered 1-3 years of age.
- Check for age appropriateness of all items.
- Please select new items only.
- Please place items in clear bags to allow families to choose what their toddler would like. Giving parents the ability to choose items for their children helps promote encouragement and hope during a critical time in their life.

Holiday gift packet suggestions:

- Dolls with sewn in eyes
- Small books
- Balls
- Role play toys
- Shape sorting toys
- Bath toy - rubber ducky
- Sippy cup
- Bowl and spoon set



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TORNADO PREPAREDNESS KIT

In Oklahoma, we know tornadoes are not a matter of “IF” but really a matter of “WHEN”. Many of our families are struggling to make ends meet. The luxury of these safety items are usually not something some families can afford. By purchasing items to create a Tornado Preparedness Kit, you can give peace of mind during severe weather season and could possibly save a life. Below are some ideas of items that can be added to the kit. If you think of something more beneficial, feel free to add it. Create as many as you like!

Guidelines:

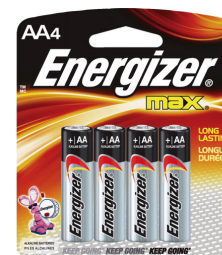
Place in something like reusable grocery bags or duffel bags for quick access.

Tornado preparedness kit suggestions:

- Water Bottles
- Individually wrapped snack bar, granola, or crackers
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries for flash light
- Whistle to signal for help
- Emergency candles
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Sippy Cup for toddlers
- Cash or traveler’s checks
- Matches in a waterproof container and/or lighter
- Feminine supplies and personal hygiene items
- Paper and pencil
- Books, games, puzzles or other activities for children

Tornado Grab and Go Packet (click [here](#) for the link)

Print and add these sheets to the kits for parents to fill out and keep in the bag for a quick grab and go in the event of tornadic weather.





Micro-Volunteering

We appreciate you for your time and efforts to help babies and toddlers in need.

Please turn this in with your completed project.

Name:*

Date:

*If there are more people who helped with this project please use the back side of this form to capture names and email addresses so they can get credit for the project as well.

Email:

Which Project did you do?

How many kits did you complete?
(That equals the number of babies and toddlers you helped!)

How many hours did it take to complete your "Project to go bags"?