



Ronald McDonald  
House Charities®  
St. Louis

# KIDS HELPING KIDS

Thank you for your interest in supporting Ronald McDonald House Charities of St. Louis! While we require that volunteers be at least 18 years old, here are some ways that kids and teens can help us provide a home-away-from-home for families of seriously ill children. For more information, please email McKenna Bunjan, Volunteer Coordinator, at [mbunjan@rmhcstl.com](mailto:mbunjan@rmhcstl.com).



## Collect coins

A dime here. A quarter there. Your small change can make a big difference! Collect loose change and donate the funds to help RMHC families!



## Get your school involved

Spread awareness of RMHC programs at your school by letting teachers and staff know about the ways kids can help families of seriously ill children.



## Recycle for RMHC

Aluminum tab tops, old keys and electronics can all be recycled and turned into a monetary donation to RMHC! Learn more at [rmhcstl.com/recycle](http://rmhcstl.com/recycle).



## Prepare a meal

Children ages 12+ can help cook meals for our guest families with the help of adult chaperones. Visit [rmhcstl.com/meals](http://rmhcstl.com/meals) for more information.



## Collect Wish List items

RMHC relies on donations of everyday household items to operate our Houses and Family Rooms. To download a Wish List, visit [rmhcstl.com/wishlist](http://rmhcstl.com/wishlist).



## Join Team RMHC

Go the extra mile to help seriously ill children by joining Team RMHC and running on our behalf at your next race. Visit [rmhcstl.com/teamrmhc](http://rmhcstl.com/teamrmhc) to sign up!



## Donate new toys

Help make our Houses and Family Rooms feel like home to seriously ill children and their siblings by donating new, unwrapped toys for all ages.



## Get creative

Show off your arts-and-crafts skills by creating cards, blankets, care packages or other heartfelt items for our guest families!



## Host a fundraiser

Whether it's a lemonade stand or garage sale, hosting a fundraiser on behalf of RMHC is a great way to help. To get started, visit [rmhcstl.com/thirdpartyfundraisers](http://rmhcstl.com/thirdpartyfundraisers).



## Help at the holidays

Donate new, unwrapped items to our McGift Shoppe, where RMHC families can shop for loved ones free-of-charge each December. Visit [rmhcstl.com/holidays](http://rmhcstl.com/holidays) to download a Holiday Wish List.