



United Way of  
Southwestern Pennsylvania

# UNITED WAY VOLUNTEER AND ENGAGEMENT PORTFOLIO



## Together we can help when and where it's needed most.

United Way rallies employees, small groups and individuals to address important work in our communities. Volunteers will take pride in knowing they are making a difference by working together. Our volunteer offerings include:



Support financially struggling families as they avoid hunger and homelessness



Help children succeed in school and in life with academic support and mentoring



Enable seniors to stay connected to their community and avoid isolation



Aid individuals with disabilities as they pursue fulfilling futures



# United Way Helps Those Who Want To Help

United Way of Southwestern Pennsylvania connects companies and individuals with meaningful volunteer opportunities that help people in need. We create unique experiences that encourage more people to take an active role in strengthening communities and families. If you have a desire and the willingness to help, United Way is a good place to start.

Let us help you find a volunteer project that engages your employees, demonstrates your commitment to social responsibility and impacts the community and local people in significant ways. We'll work with you to identify your goals, timing and areas of interest to create the ideal opportunity for your team.



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# DAYS OF CARING

Days of Caring allow your employees to shine. United Way will help you plan a volunteer program that can build team morale while helping to meet an important need in our community. Choose from an in-office project or an agency project, based on your needs:

- United Way's in-office volunteer projects are a seamless and impactful way to build stronger teams and rally your employees around volunteerism right in your office. By working together to assemble kits for kids, seniors or families, you'll be able to make a difference within our community. The kits are distributed to local United Way agency partners that serve these groups. United Way takes all the guess work out by ordering all the supplies you need and delivering them to your office. We will also be onsite to facilitate the project with your team. For more specifics on the projects you can choose from visit [uwsdpa.org/be-a-volunteer/](https://uwsdpa.org/be-a-volunteer/).
- United Way can help identify or customize a project that benefits an agency partner. Projects are based on their needs and your interest, such as painting a mural in a youth maker space, hosting a social event with isolated seniors, presenting a career development workshop for youth and more.



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# ADOPT-A-SCHOOL

Adopt-A-School allows your company to engage children in valuable learning and exploration experiences while creating a meaningful volunteer opportunity for your employees. United Way's Adopt-A-School program helps meet the needs of underserved schools and students. Through the program, United Way will help you identify a school to partner with, based upon your company's priorities and desired volunteer experiences. Throughout the partnership, United Way will serve as a liaison between your company and the school to assist with setting an events calendar for the year and handling all coordination and communications.

Events may include hands-on activities such as teaching financial literacy, hosting mock trials or reading to classrooms; career learning experiences, such as field trips to your company's offices or plants, career days hosted at the school; collection drives for essentials for students like clothing, food or school supplies; or Days of Caring to complete projects such as a library renovation or landscaping.

*To participate in Adopt-A-school, companies invest \$10,000 per year for a minimum of two years. The investment is used to facilitate the calendar of events throughout the year.*



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# DIY COLLECTION DRIVES

United Way's agency partners have a need for supplies all year long. Those who are struggling often lack every day essentials that many of us take for granted. You can help by hosting a collection drive of essential items that can help make life easier for people who need a helping hand. United Way makes it easy by giving you suggested items to collect and posters and other communication tools to use. To get started, visit our online toolkit: [uwsdpa.org/collection-drive-toolkit](https://uwsdpa.org/collection-drive-toolkit)

Below are the current items in highest need in our area. Please select any of the packages or any items from the list to collect. All items must be new.

**HYGIENE KIT** - Help individuals feel or look their best by providing essential personal care items.

- Gender neutral body wash
- Comb and brush
- Men's or women's deodorant
- Chapstick
- Toothbrush and toothpaste
- Face wash or cream
- Shampoo
- Conditioner
- Lotion

**CLEAN START KIT** - Help families keep their homes clean and safe by providing essential homecare supplies.

- Laundry baskets
- Detergent
- Mops
- Floor cleaner
- Clorox wipes
- Sponges
- Brooms and dustpans
- Toilet paper
- Toilet bowl brushes
- Toilet bowl cleaner
- Paper towels

**DIAPER DRIVE** - Help support new moms by providing basic needs for their new babies.

- Diapers in sizes 2 and up
- Overnight diapers
- Wipes



**COMFORT AND CARE FOR WOMEN** - Personal care items given to agencies that support women.

- Sanitary pads
- Tampons

**ELEMENTARY STUDENT SCHOOL BOX** - Help prepare local kids for success in school by giving them the tools that will help them succeed.

- Markers
- Notecards
- Ruler
- Lined paper
- Folders
- Glue sticks
- 24-pack crayons
- Notebooks
- Pencils

For full instructions and tools to share your collection drive effort, please visit our online toolkit here: [uwsdpa.org/collection-drive-toolkit](https://uwsdpa.org/collection-drive-toolkit).



# LONG-TERM VOLUNTEER OPTIONS

Looking for a way to be deeply involved in a meaningful volunteer project that lasts longer than one or two days? Look no further than United Way!

## Open Your Heart To A Senior Volunteer

For many older adults in our community, remaining independent in their own homes is often a challenge. Thousands of older adults are striving to live independently but may need a little extra help. Open Your Heart To A Senior volunteers provide local seniors with companionship, meals, rides to medical appointments, shopping and more, enabling older adults to remain independent, manage their own health, and avoid isolation and loneliness. Volunteers have the flexibility to choose opportunities that work best with their schedule, giving them an easy way to make a meaningful difference. To sign up, visit [uwsdpa.org/open-your-heart-to-a-senior](http://uwsdpa.org/open-your-heart-to-a-senior).



## Volunteer Free Tax Preparation

You don't have to be a professional tax accountant to help low-income, hard-working families with their tax returns. You can receive free training to become IRS certified so that you can volunteer your time to help those without access to resources. Many of the families served would never file without this volunteer program. Your volunteer time will enable them to avoid costly tax filing fees and receive on-time refunds they can put toward the cost of basic needs like food, housing and utility bills. For more information visit [uwsdpa.org/be-a-volunteer](http://uwsdpa.org/be-a-volunteer).



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# UNITED WAY EVENTS

When you're ready to help, we're ready with engaging opportunities through which corporations, individuals and other groups can mobilize and make meaningful contributions to the community. United Way plans events throughout the year that help families have access to food and other basic needs, help children have the tools they need to learn and more. United Way does all of the planning – all you have to do is show up to help. If you want to stay up to date on great events in your community, sign up for quarterly updates on what's coming up at [uwsdpa.org/be-a-volunteer](http://uwsdpa.org/be-a-volunteer).





# IN-OFFICE VOLUNTEER KITS - EDUCATIONAL

## STEM Kits

Curiosity naturally blooms in children and United Way wants to make sure every child has the chance to experiment and explore by providing hands-on learning opportunities to at-risk youth.

- Volunteers will prepare and assemble a stem kit for a child.
- Choose from a hoover craft kit or the engineering challenge kit.
- Each kit will have all the materials a child needs to participate in the STEM activity. Kits are distributed to various United Way agency partners for use.

*\$4 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 100 kits*

## Sensory Activity Boxes

Parents often need help engaging with their young child in meaningful and educational play.

- Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate, and explore.
- The kits provide an easy way to encourage open ended play while developing physical, social, and emotional skills.
- Volunteers will decorate and assemble sensory activity boxes.

*\$4 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 100 kits*

## Literacy Kits

Many children don't have access to books of their own and therefore aren't able to build critical literacy skills needed for success in their academic careers.

- Volunteers will give kids a special gift by decorating and assembling literacy kits.
- Literacy kits include a new book, coloring book, crayons and bookmark.

*\$5 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 40 kits*

## Financial Literacy Kits

- Children need to learn the basics about money management, but many parents are unsure of how to get started.
- By assembling financial literacy kits, volunteers will give parents of young children a helping hand. Kits include a piggy bank, activities to encourage saving and more.

*\$6 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 100 kits*





## IN-OFFICE VOLUNTEER KITS - BASIC NEEDS

### Weekend Food Bags for Children and Families

Nearly 18% of kids across Southwestern Pennsylvania do not have enough to eat, especially when they are at home and aren't able to get breakfast and lunch at school.

- Weekend food bags are designed to ensure children (and their families) do not go hungry over the weekends or in times away from school.
- There are two options for food bags. The traditional weekend food bag feeds a child for a weekend. The family weekend food bag feeds a family of 4.
- *The traditional weekend food is \$6-8 per bag, minimum of 100 bags, need 1 hour for 15 volunteers to pack 100 bags.*
- *The weekend food bag for families is \$20 per bag, minimum of 100 bags, need 1 hour for 15 volunteers to pack 75 bags.*

### First Aid Kits

First aid supplies are readily available to children at schools and adults in workplaces. With families spending more time at home, there is an increased need to have these basic items available in the event of minor, every-day injuries.

- Volunteers will assemble first aid kits for families. Each kit will include basic first aid supplies and information cards packed into a box for families to store in their homes or vehicles. First aid kits will be distributed to United Way partner agencies.

*\$9 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 100 kits*

### Hygiene Kits

Underserved individuals and families often don't have access to items readily used and taken for granted such as soap, deodorant, toothpaste, toothbrushes, shampoo, and conditioner which leads to embarrassment of their physical appearance and hygiene. By collecting hygiene items, you can help eliminate a stressor for a family when having to choose between meeting a basic need or a personal care item.

- Volunteers will collect personal hygiene products and assemble them into kits to be distributed to individuals and families in need in Pittsburgh and the surrounding region.

*\$9 per kit, minimum of 100 kits, need 1 hour for 15 volunteers to complete approximately 100 kits*





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If you are interested in more information contact  
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at: [Wendy.Koch@unitedwayswpa.org](mailto:Wendy.Koch@unitedwayswpa.org).

United Way of Southwestern Pennsylvania serves Allegheny,  
Butler, Westmoreland, Fayette & Armstrong Counties.