

United Way
of New York City



VOLUNTEERISM OFFERINGS MENU

WINTER 2023/SPRING 2024

ABOUT VOLUNTEERING WITH UWNYC

United Way of New York City (UWNYC) connects volunteers and companies with grassroots organizations across the five boroughs making impact in Health Equity, Education Equity, Justice & Opportunity, and Food and Benefits Access.

Each project is coordinated by a member of our Volunteerism team who will match your team with a community partner organization experiencing the greatest need. In exchange, we provide our community partner organizations with skilled and passionate volunteers to help expand their capacity.

GETTING STARTED

To begin your volunteerism journey with UWNYC, please fill out our **Volunteer Project Request Form**. A member of our staff will reach out to you within 2-4 business days with a proposal or additional questions about your project. Projects are priced according to scope of work, number of participants, and supply costs.

Please note we require 4-6 weeks of lead time to coordinate a project. For kit packing projects, we require 4 weeks **after proposal execution** to ensure timely delivery of supplies.



CURRENT OFFERINGS | HANDS-ON OPPORTUNITIES

KIT TYPES

- **Welcome to NY Kits** for asylum seekers
- **General or Reproductive Health Hygiene Kits** for those experiencing homelessness
- **Reading or STEAM Kits** to help elementary-aged students continue education at home
- **Snack Packs** to feed students after school
- **Cold Weather Kits** for kids and adults
- **Mental Health Kits** for teens experiencing homelessness & mental health challenges

See Pages 3-4 for more details about kit types.

KIT PACKING EVENTS - FROM \$3,500

Impact starts in the office with one of our kit packing events. Based on feedback from our community partner organizations, we've curated kits with items our communities need most – from books to socks. Kit packing events take place at your office, with UWNYP staff taking care of ordering supplies and set up.

Kit packing projects are best suited for groups of 15-100 people.

GARDENING & URBAN FARMING – FROM \$3,750

Community gardens serve as meeting spaces, community centers, recreation areas, and even food suppliers. With a gardening or urban farming shift, volunteers support parks and gardens throughout the City by collecting trash, weeding, pruning, raking, and more while learning about the nature around them.

Best suited for groups of 10-25 volunteers. Approximately 2 hours per shift.

SOUP KITCHENS & FOOD PANTRIES – FROM \$3,625

Without nutritious, delicious food, meeting other basic needs is almost impossible. Our food access program partners provide not just hot meals and groceries but also connect patrons to essential services and crucial fellowship. During a shift at a UWNYP-sponsored soup kitchen or food pantry, volunteers can expect to assist clients with food selections, assist staff with client intake, help restock shelves and fridges, and/or prepare, distribute, and package food.

Best suited for groups of 5-20 volunteers. Approximately 2 hours per shift.

QUESTIONS?

Not sure how many kits to order? Contact Amalia Vavala, Manager, Donor Impact, Volunteerism at avavala@uwnyc.org with questions.

CURRENT OFFERINGS | HANDS-ON OPPORTUNITIES

KIT PACKING EVENTS - FROM \$3,500

WELCOME TO NY KITS

Amid a surge in asylum seekers entering New York City, it's crucial to acknowledge the hardships they've faced escaping conflict and poverty. Welcome to NY Kits aim to offer essential items such as gloves, hats, toothbrushes, toothpaste, and lip balm to support these newcomers as they start their journey in the city, signifying a warm and respectful welcome.

GENERAL HYGIENE KITS

General hygiene kits contain items like lip balm, hand sanitizer, tissues, toothbrush, and toothpaste to be distributed via food pantries and schools. These kits aim to ease the burden on families who must make tough financial choices each month by providing essential everyday items.

REPRODUCTIVE HEALTH HYGIENE KITS

On average, menstrual products cost \$18,000 over a lifetime. This financial burden disproportionately affects homeless individuals who menstruate, especially those with children, and these essential items are often among the least donated items at shelters. Reproductive Health Hygiene Kits will provide vital necessities like tampons, pads, hand sanitizer, feminine wipes, lip balm, tissues, a toothbrush, and toothpaste to help address this resource shortage issue.

MENTAL HEALTH KITS

Teenagers in NYC are grappling with significant mental health challenges due to academic pressures, social expectations, poverty, drug use, and homelessness, leading to feelings of anxiety and isolation. Mental Health Kits, tailored to meet the specific needs of adolescents with items like journal prompts, coloring materials, stress relief clay, and handwritten notes of affirmation, offer essential tools and support to help them cope with daily life's stresses and contribute to building a more resilient future for the city's youth.

QUESTIONS?

Not sure how many kits to order? Contact Amalia Vavala, Manager, Donor Impact, Volunteerism at avavala@uwnyc.org with questions.

CURRENT OFFERINGS | HANDS-ON OPPORTUNITIES

KIT PACKING EVENTS - FROM \$3,500

STEAM KITS

In response to funding cuts in public schools and the financial challenges faced by many working families in New York City, STEAM Kits aim to provide essential resources for elementary students to learn Stage 2 STEAM (Science, Technology, Engineering, Arts, and Math) concepts. These kits, delivered to under-resourced schools in the South Bronx, promote hands-on learning in science, technology, engineering, arts, and mathematics, fostering creativity and inspiring students, particularly those from low-income backgrounds and students of color, to pursue fields often inaccessible to them.

SNACK PACKS

To address the nutritional needs of students from families facing food insecurity, Snack Packs are provided to bridge the gap between school-provided meals. These packs, including items like pretzels, granola bars, water bottles, and more, can be taken home or consumed during half-day summer programs, ensuring students have access to essential nourishment regardless of their post-school activities.

COLD WEATHER KITS

Cold Weather Kits aim to provide homeless New Yorkers with essential items like lip balm, hats, gloves, and warm clothing to help them cope with the harsh winter conditions. Volunteers will assemble and distribute these kits to partnering community organizations to offer support and alleviate the sense of isolation during the holiday season. Available for Children or Adults.

READING KITS

In New York City, where 6 out of 10 children are not reading at grade level, there is a pressing need to support early reading proficiency. Kits include 1-2 culturally relevant books, bookmarks, and a handwritten note to their classroom, aiming to help them build at-home libraries and improve their academic success.

CURRENT OFFERINGS | SKILLS-BASED VOLUNTEERISM

MENTORSHIP & VISION BOARDING WITH STUDENTS – FROM \$4,000

Host students at your office and support our College, Career, and Civic Readiness programming! Volunteers will share about their career paths, education, and passion projects in a panel and then assist students with creating their own vision boards.

Best suited for groups of 15-45 volunteers. Approximately 3 hours per event.

QUESTIONS?

Not sure which project is best for your team?
Have a special request? We're here to help!

Contact Amalia Vavala, Manager, Donor Impact, Volunteerism at avavala@uwnyc.org with questions.

OTHER ENGAGEMENT OPPORTUNITIES

No budget? No problem! UWNYP offers these FREE activities to help drive employee engagement:

TRUE COST OF LIVING ACTIVITY

Discover more about the 50% of New York families who can't meet their basic needs in this interactive activity.

LUNCH & LEARN

Host a UWNYP staff member for a casual lunchtime presentation. Employees will learn about the issues facing our communities & UWNYP's work to solve them.

TRIVIA

Encourage your team's competitive side in support of a good cause. Employees will participate in two rounds of pop culture trivia and one UWNYP-centric round for a fun and informative event.

To schedule one of these free activities or to learn more about other ways to engage with UWNYP including workplace giving, event sponsorship, and more, please contact JD Thompson, Director of Corporate Engagement, at jthompson@uwnyc.org.