

Kits for a Cause

An impactful way to support families at the House that Love Built

Thank you for supporting Ronald McDonald House Charities, Upper Midwest!

In the spirit of safety and caution for the vulnerable family members staying at the House, our on site volunteer opportunities are currently limited. You can still support families by collecting wish-list items and providing Kits for a Cause.



Pantry with a Purpose

We provide families three meals a day and pantry items are critical to our mission. See below for most needed items, or our [full wish-list here](#).

Most needed items: Canned vegetables • Beef sticks • Granola • Individual Mac & Cheese • Trail Mix • Pop Tarts • Ziploc Bags (All Sizes)

Looking for ideas on how to fundraise? Check out some fun ideas other groups have tried [here](#), or email [our team](mailto:community@rmhc-uppermidwest.org) at community@rmhc-uppermidwest.org

FOR CAREGIVERS

Activity Kits

- Adult coloring books/mandalas
- Colored pencils with sharpener
- Puzzle books, word find, crosswords, etc
- Journals and stationary
- Stress balls

Self-care Kits

- Water bottle and/or mug
- Eye pillow/face masks
- Lotion and lip balm
- Loofah/body brush/nail kits
- Scrunchies
- Herbal tea

Utensil Kits

- Fork
- Spoon
- Napkin
- Ribbon

FOR FAMILIES

“National Day Of” Activity

- Sponsor a fun “National Day Of” activity!
- Assemble 76 kits with a theme/or specific focus! Choose an actual ‘Day of’ such as National Trivia Day, National LEGO Day, National Movie Day or secular holiday theme

Game Night Kits

- Board games, classic card games, family friendly activities, microwave popcorn, trail mix, jerky, Pop Tarts, candy

FOR KIDS

Dress Up Kits

- **Superhero kit:** Cape, mask, superhero themed book, puzzle, game/activity
- **Princess Kit:** Tiara, princess dress/tutu, costume jewelry, princess themed book, puzzle, game/activity
- **Other kit ideas:** Doctor, nurse, veterinarian, chef, firefighter

Activity Kits

- **Ages 3-6 years:** Puzzles, matching game cards, small toys and games (Hot Wheels, tea party set, stickers)
- **Ages 7-12 years:** Puzzles, riddle books, card games, magic tricks, stress balls, games, origami paper, pop-it’s, fidgets

Thank you for your generosity and support of families who need us more than ever.

All items must be new and unused. Completed kits can be shipped to or dropped off at 818 Fulton St SE, Minneapolis, MN 55414. Please reach us with any questions 612-331-5752