

# Help From Home



**RMHC**<sup>®</sup>  
Western Washington  
& Alaska

## Make a donation online

[Your gift](#) allows us to continue providing lodging and support and services to families during this stressful time.



## Support our Family Meal Program

Purchase a [Boxed Meal](#) for our families or contribute to our ongoing Family Meal Program to help offer families a warm dinner every night! Contact [eleanor@rmhcseattle.org](mailto:eleanor@rmhcseattle.org) with any questions.



## Use Amazon to browse our Wish List

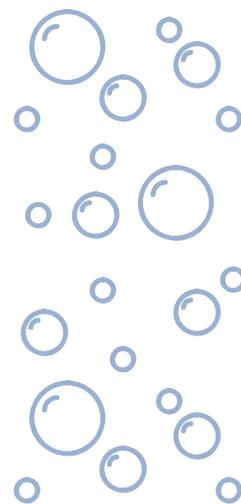
This is our easiest one yet! From the comfort of your home, order anything from our Amazon [Wish List](#) and it will be delivered directly to our door.



## Collect Cleaning Supplies

We always need cleaning supplies due to the nature of the House. The kids are immunocompromised and keeping the house clean is vital for them. We are especially in need of:

- disinfecting wipes
- disinfectant spray
- hand sanitizer
- dishwashing soap
- liquid dishwasher detergent.
- paper towels
- non-latex gloves
- handwashing soap
- disposable face masks



Please practice social distancing guidelines if you choose to go to retail businesses to purchase any items needed for these projects!

(continued)

# Help From Home (ctd.)

## Create Toiletry Kits

Toiletry kits help families meet basic needs and are instrumental to helping them feel comfortable during stays at our Houses. We are in constant need of travel-sized items packaged in clear baggies. Hotel-style shampoos, conditioners, bar soaps, toothbrushes, toothpaste, and deodorants are welcome.



## Host a Food Drive

Here at the House, there is a food pantry that families are welcome to use to grab a snack or make a meal for their family. Food drives are a wonderful way to help keep our pantry stocked so families don't have to worry about finding a grocery store after a long day of appointments. For more information about our needs, click [here](#) or contact [kaarin@rmhcseattle.org](mailto:kaarin@rmhcseattle.org).

## Create Awareness

by hosting a virtual info session about the House! One of our staff can be on a zoom call to talk about what life is like during COVID and why we need help right now. Contact [heather@rmhcseattle.org](mailto:heather@rmhcseattle.org) for more information.



## Fundraise Virtually

Here are some ideas for virtual fundraisers you can do from the comfort of your home!

- **Do a virtual walk or run** to benefit the House. Pledge to walk/run a certain number of miles and ask people for pledges.
- **Tell 5 people about the House** and ask them to give.
- **Watch a movie or show together with a group of friends virtually** and charge admission to be donated to the House. Use an app like [Teleparty](#) to do this:



Questions?  
Contact  
Development at  
**(206) 838-0613.**

All donations can be dropped off or shipped to the RMHC Seattle office at **5130 40th Avenue NE, Seattle, WA 98105** from 9am -9pm, 7 days a week.