

Group Volunteer Opportunities

Prepare a Meal

Families need and look forward to a well-balanced meal after a long day at the hospital. Now, more than ever, WE NEED YOUR HELP by either cooking a meal at the House in our kitchen, or preparing it in your own home and dropping it off in disposable pans. Groups or individuals cooking in our kitchen should bring all the ingredients for their meal with them. Meals should serve approximately 40 people.

*Click Here - [How To Prepare A Meal](#)

Have a “Wish List” item drive

The Ronald McDonald House is always in need of household supplies, food items, and cleaning supplies. We have 32 families who stay with us most every night so the need for these items continues throughout the year.

The Ronald McDonald House Family Room is located on the 5th floor (Pediatric Critical Care Unit) of the Vanderbilt Children’s Hospital. The Family Room is a place where families can come to relax and have something to eat and drink when they feel they just need to walk away from the bedside but still need to be close to their child.

We have “Wish Lists” of items that are needed for both the House and the Family Room. If you are a member of a group or organization that is looking for a community service project, this is a great way to help those families who need the services provided by Ronald McDonald House Charities of Nashville.

*Click To View Wish List -

[House Wish List](#)

[Family Wish List](#)

Collect pull-tabs

The Nashville Ronald McDonald House’s Pull-Tab program is an effort to collect only the pull-tabs from aluminum cans. So, why save the pull-tab but not the whole can? The pull-tab is made of a more pure, high-grade aluminum, so recycling companies don’t have to go through the separating and purifying processes associated with recycling the whole can. Also, saving just the pull-tab is more sanitary and convenient. And, perhaps most importantly, anyone can participate!

*Click Here - [Pull-Tab Information Sheet](#)

Be an S.O.S Sponsor or “Stock our Shelves.”

The Ronald McDonald House Family Room has already seen over 850 visitors in the short time that its doors have been open. For a donation of \$ 500, food items, snacks and supplies will be purchased for the room for an entire month to offer families and friends of children in the hospital a respite from corridors and waiting rooms. In recognition of your generous donation, your name will be displayed as the “S.O.S. Sponsor of the Month.”

*Click Here - [S.O.S. Sponsor Sheet](#)