



# MAKE AN IMPACT: VOLUNTEER

LIVE UNITED

G

ive your time. Share your expertise. Roll up your sleeves. LIVE UNITED! When we as individuals think outside ourselves, we have the power to facilitate change. United, we can create lasting changes in the world – starting right here in northern New Jersey! So, take action – sign up as a volunteer today. Visit: [UnitedWayNNJ.org/BecomeAVolunteer](http://UnitedWayNNJ.org/BecomeAVolunteer)

## EDUCATION: PREPARING THE NEXT GENERATION



### ADOPT A CHILD CARE CENTER

Support centers that serve lower-income families as they provide high-quality, affordable child care. Centers are in need of some TLC and supplies, as well as friendly volunteers to interact with the children (reading, arts and crafts, help with snacks, etc.). By “adopting” a center, you will give all the children a great start in their learning.



### LITERACY KITS

Promote early and sustained literacy for **ALICE**® (Asset Limited, Income Constrained, Employed) children through this fun, team-building activity.

### BOOK BUDDIES

Read aloud to children at preschools, Head Start classrooms, and child care centers and guide children in a literacy-focused game or craft. Collect new children’s books to be donated to the class.



### UNITED WAY TOOLS FOR SCHOOL

Help children from low-income families start the school year off right by running a school supply drive. Needed items are collected and distributed to preschool, elementary, and middle school students.

United Way fights for the health, education and financial stability of every person in every community. We have one life. To live better, we must Live United.®



United Way  
of Northern New Jersey

## INCOME: REBUILDING FINANCIAL STABILITY

### EMPLOYMENT COACHES

Assist individuals in gaining the skills and developing the tools needed to obtain employment.

### FINANCIAL COACHES

Use your money management expertise and experience to help people who are struggling financially gain the skills needed to be financially stable.

### FREE TAX PREPARATION

Become a trained and IRS-certified volunteer to assist low-income individuals and families by completing their tax return.

### UNITED WAY GIFTS OF THE SEASON

Host a holiday gift drive for families, children, and seniors in need. Collect toys, household items, gift cards, winter apparel, or other needed items to be distributed to thousands of local people struggling to support themselves and their families.



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## HEALTH: STRENGTHENING FAMILY CAREGIVERS

### GOOD NUTRITION IS KEY

Create portable, nutritious lunches, breakfasts, or snack packs for distribution to local soup kitchens, shelters, or food pantries.

### HOST A CAREGIVER FAIR

Invite service providers to come and provide resource information to your colleagues, friends, club members, etc. about all aspects of caregiver support.

### HOST A CAREGIVER “MUNCH & LEARN”

Invite an expert to come in over a lunch period to share information with your colleagues on a wide variety of essential caregiving topics. Presentations are highly informational and feature issue area experts, professional educators, and experienced caregivers.

### PERSONAL CARE DRIVE FOR SENIORS

Help provide personal hygiene items to local seniors and other people who are homebound.

### PLANT A CORPORATE, GIVING, OR COMMUNITY GARDEN

Help grow needed fresh produce for local shelters and food pantries.

### FEED HUNGRY KIDS

Help to provide local hungry children with meals and snacks when they are off from school; volunteers needed to acquire food, sort, count, and distribute.



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**GET STARTED!** Contact **Lisa Galonardo** at [Lisa.Galondardo@UnitedWayNNJ.org](mailto:Lisa.Galondardo@UnitedWayNNJ.org) or call **973.993.1160, x503** to learn more about these or other volunteer opportunities in the area.