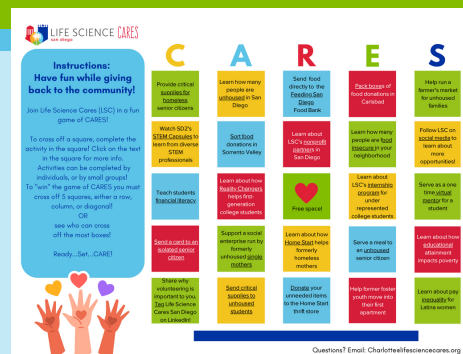


Life Science Cares SD Spring into Action 2023!

Resource to engage your whole team

Invite your employees to participate in a game of CARES (like BINGO, but for volunteering!). Using a "CARES CARD" you can engage your team to either compete as small groups, or as individuals to get a CARES (BINGO!) by completing volunteering opportunities, or challenge them to see who can complete the most!

CARES Card with clickable links available [here](#).



Volunteer in your Office

Assemble Hygiene Kits for Unhoused Elementary School Students

The Monarch School for unhoused students not only supports their students academically but provides critical services including access to showers. Your team can ensure these students have everything they need for good hygiene by assembling hygiene care kits. The cost for the materials to assemble 120 kits is ~\$1,600.

Hold a Science Book Drive

Collect books in your office (or donate virtually) for students in grades 4 - 8. Books will be given to the bright young science enthusiasts of Links to STEM. Links to STEM's mission is to increase diversity in the STEM fields by providing fun, top-quality science education and a community of support to underrepresented students!

Make cards for homebound seniors

The low-income, homebound senior citizens of Serving Seniors are often living in isolation. Receiving a handmade card, and a handwritten message is critical for the mental health of these seniors by providing a connection with the community and showing that they are cared for. LSC can provide a kit to make these cards. Kits of materials to make 100 cards are ~\$100.



****To sign up** or ask questions about an opportunity email:
charlotte@lifesciencecares.org
Please reach out *at least 2 months* in advance of planned event date.**



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Volunteering for Small Groups

Run a Farmer's Market for Unhoused Families

Every month the Monarch School holds a farmers market for unhoused students and their families to pick up fresh, nutritious produce and dry goods for free. Volunteers are needed to set up canopies, stage produce, and clean up. Great for small groups of 7-10. On-site in Barrio Logan.

Support Financial Education for Students

At Junior Achievement, volunteers utilize a structured lesson plan to teach students about personal finance and assist with a budgeting simulation where students must learn to manage a month's worth of adult finances.

Host a Resume Workshop for High Schoolers

HR teams needed to virtually present a brief overview of resume best practices for high schoolers putting together their first resumes! Volunteers are asked to provide an example resume template and be available during the presentation to answer student questions. Virtual presentation with Reality Changers.



Volunteering for Big Groups

Adopt a Meal Delivery Route for a Day to get Meals to Homebound Seniors!

Make a HUGE impact! With support from Meals on Wheels your whole team (8-50 employees) can take on a full meal delivery route for a day! Utilizing personal vehicles and cell phone app support your team can start off all together at a kick off event, pick up food, and then work in smaller teams to make food deliveries and connect with isolated seniors in need. An incredible opportunity for a day of service! Can be combined with a care kit assembly project for an even BIGGER impact!

Pack Boxes of Food for Food-Insecure Families

Sort and pack a variety of food at Feeding San Diego's distribution center. Great for team-building events! On-Site in Sorrento Valley.

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Host a Lunch and Learn!

Engage your full team in gaining a better understanding of the issues facing San Diego and learn how to help! There is a suggested donation made to each presenting non-profit for these opportunities, or these talks can be paired with a care-kit building or food drive event in your office.

Hunger in San Diego with Plus Box - 40% of children in San Diego are currently food insecure. Plus Box focuses on providing nutritious food in schools to help meet this need.

Economic Insecurity for Families with Home Start - Poverty puts families in crisis situations. Home Start works with San Diego's most vulnerable families to provide housing, jobs, mental health services and more to lift these families out of poverty.

Supporting Unhoused Students with the Monarch School - Every day 300 unhoused children attend the Monarch School. This school not only provides these students with academic support, but ensures they have access to clothing, food, therapy, extracurriculars and more to support breaking the cycle of poverty in their families.



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