



LIFE SCIENCE  
boston



CARES

# HOLIDAY HELPERS

*'Tis the season of giving back! Unwrap this campaign flyer to see volunteer opportunities and ways to get involved through the end of the year!*

***Reach out to [lscbos@lifesciencecares.org](mailto:lscbos@lifesciencecares.org) to get involved!***



## 3RD ANNUAL PIE DRIVE

Bake or buy delicious pies for St. Mary's Center for Women & Children! Give back this season with festivity & some sweetness.



## GIVE HOMELESSNESS THE BOOT

CASPAR is providing their clients with NEW boots, coats, and more. You can help by sponsoring/purchasing items from their wish list! \$195 sponsorship per client.



## TOY AND GIFT CARD DRIVE

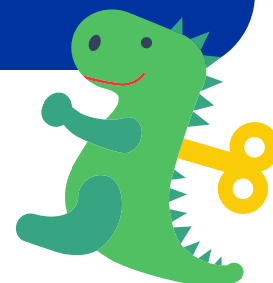
We're collecting 2,000+ toys and gift cards for Children's Services of Roxbury & Horizons for Homeless Children!



***See the full list of holiday drive opportunities as well as more details here!***

## FLIP YOUR HOLIDAY BUDGET INTO A GIFT TO LSC!

Did you budget for a holiday party or gifts for your employees or clients, but want to demonstrate your commitment social impact instead? **Rather spend your internal holiday budget on giving back?** Pass those funds along to LSC, and we'll put it out into the community via the grants we make to our nonprofit partners!



# HELP KEEP OUR NEIGHBORS FED

*Group volunteer shifts are first-come, first-served and are limited throughout the rest of the year. Reach out ASAP if you want to schedule a shift!*

## Community Servings **Individuals & groups**

**Weekdays (9:00 AM-12:00 PM) or (1:00-4:00 PM) or (4:00-7:00 PM)**

Slice, chop, cook, bake, assemble, and package meals for individuals and families battling HIV/AIDS, cancer, heart failure, diabetes, and other life-threatening illnesses.

*Great for individuals or groups of up to 30 volunteers. Minimum donation of \$60 per volunteer for corporate groups. Ages 13 & up.*

## Drivers Needed to Deliver Groceries for Food For Free **Individuals only**

**Wed., Fri., Sat., Sun. (11:00 AM-1:30 PM)**

Regular and on-call drivers needed to deliver boxes of food to food-insecure residents in Cambridge.

## Cookin' with CASPAR: Sponsor & Serve a Shelter Meal **groups only**

**Wed. (1:30-5:30 PM)**

Feed our neighbors experiencing homelessness delicious, healthy food by sponsoring, preparing, serving, and cleaning up a dinner for 100 guests at the CASPAR Homeless Shelter in Cambridge.

*Great for groups of 6-12 volunteers. Minimum sponsorship of \$1,500 for the ingredients is required.*

## Heats-N-Eats with Food For Free **Individuals and groups**

**Thurs. (5:30-7:00 PM) and Fri. (9:00-11:30 AM)**

Out of Biogen's kitchen in Kendall Square, help Food For Free build single-serve, frozen meals with donated, surplus food for people with limited access to kitchens!

*Great for individuals and groups of up to 7 volunteers. Ages 15 & up.*



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### **Pack Supplies for Science Club for Girls** groups only

***Time Varies (2-4 hours)***

Pack one week's worth of supplies for Science Club for Girl's Spring 2024 Biotechnology Curriculum for over 625 girls and 125 mentors.

*Great for groups of up to 20-40 volunteers. Sponsorship ranges from \$4000 to \$8000.*

### **Sponsor and Assemble Harm Reduction Kits** individuals and groups

***Mon. (1:00-4:00 PM) & Wed., Fri. (9:00 AM-12:00 PM)***

Harm-reduction kits save lives. Sterile syringe kits alone provide individuals with supplies that cause the least vein damage & prevent supply sharing to reduce HIV/HCV risk. Learn about the importance of harm reduction techniques while assembling the kits at Victory Programs' Boston Living Center.

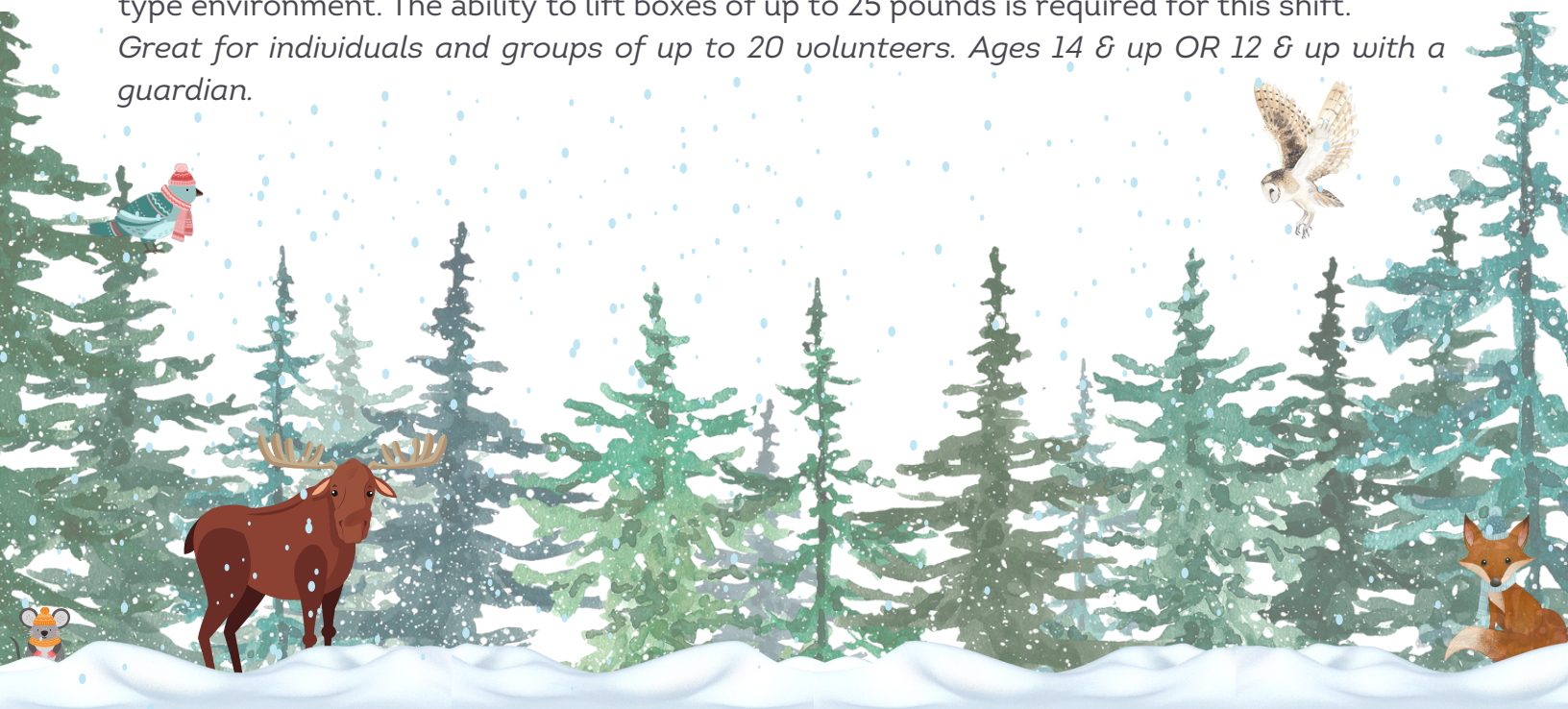
*Great for individuals or groups of up to 4 volunteers. Minimum donation of \$500 OR the cost of supplies. Ages 18 & up.*

### **Prepare Furniture Donations with Household Goods** individuals and groups

***Tues. through Sat. (9:00 AM-12:00 PM) or (1:00-4:00 PM)***

Sign up for a shift with Household Goods! Volunteers will help sort through and move donations at Household Goods! Volunteers should be comfortable working in a warehouse type environment. The ability to lift boxes of up to 25 pounds is required for this shift.

*Great for individuals and groups of up to 20 volunteers. Ages 14 & up OR 12 & up with a guardian.*





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# MAKE A COMMITMENT, MAKE AN IMPACT

## **Be a PAL with Horizons for Homeless Children!**

### ***Weekly 2 hour shift, minimum 6 month commitment***

Become a Playspace Activity Leader (PAL) with Horizons for Homeless Children! PALs volunteer to play with young children experiencing homelessness and living in shelters. This is an incredibly meaningful and rewarding way to bring joy to children's lives! Great for individuals ages 18 & up.

## **Mentor Immigrant High School Students with Enroot**

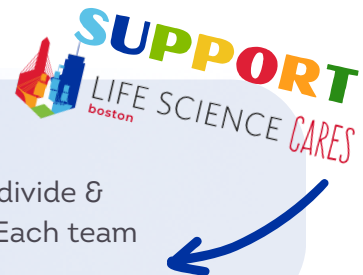
### ***Once a week, October 2023-June 2024***

Enroot needs mentors for high school immigrant youth at the Cambridge Rindge & Latin School or Somerville High School! Immigrants, BIPOC, and speakers of Spanish, Portuguese or Haitian Creole are especially encouraged to apply.

## **Virtually tutor middle school students in Milford during winter trimester!**

### ***As little as 35 minutes a week, 10 week commitment***

Life Science Cares has committed to recruiting 20 teams of 3 volunteers who can divide & conquer 3 afternoons a week, 35 minutes each session, for at least one trimester. Each team will support the SAME STUDENT for the entire quarter. [Sign up here.](#)



## **Volunteer at Tech Club with Kids in Tech**

### ***Mon. & Wed. OR Tues. & Thurs. (1 hour between 3-6 PM per shift), 10 week program***

Kids in Tech is looking for talented and enthusiastic STEAM-related professionals, educators, and college students to join their diverse team and serve as volunteer teachers for their after-school Tech Club! Volunteers are accepted on a rolling basis. Tech Clubs are hosted in schools in Lowell and, new for this school year, in Boston too!

## **Host a Field Trip at Your Office & Lab!**

### ***Flexible dates & times based on availability***

Inspire students to pursue a future in STEAM by inviting students into your office! We'll help with all the planning, Just let us know you're able to open your doors.



## **Host A Webinar With Tech Goes Home**

### ***An hour of lecture-style instruction followed by a 10-30 minute Q&A session***

Join this initiative to advance digital equity. Lead digital skills webinars for beginner technology users. Video tutorials are also needed. Topics range from creating a Facebook account to writing a resume and much more!

## **Use your Translation Skills**

Do you know another language or two? Volunteer to translate documents and other items for one of our nonprofit partners. Various languages needed.







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## GIVE BACK IN THE OFFICE

### IN-OFFICE ACTIVITIES • DRIVES FOR GOODS

#### DIAPERS & WIPES

Diapers, wipes, and other baby items are a great need for many nonprofits. Collect these items in your office & help a family in need!

#### BOOKS

Collect books for children of all ages! Particular need for books in Spanish and Haitian Creole.

#### GIFT CARDS

Gift cards empower community members our partners serve to purchase items based on their own needs and wants. Collect gift cards to big box stores like Walmart, CVS, or Target. Or, treat folks with a Dunkin' or Starbucks card.

#### HYGIENE PRODUCTS

Our nonprofit partners are always in need of toiletries, particularly culturally appropriate hair products and full-size items!

#### SCHOOL SUPPLIES

School supplies are needed YEAR-round, not just in the fall! Particular need for scientific calculators--a must-have for all STEM learners!

#### TECHNOLOGY

Do you have extra laptops lying around? Is your company looking to move a large number of keyboards? Our partners can absolutely use the equipment!

### IN-OFFICE ACTIVITIES • CARE PACKAGES

#### HYGIENE KITS

Pack kits of essential toiletries for people impacted by homelessness.

Includes: Shampoo, conditioner, soap, lotion, deodorant, lip balm, bandaids, tissues, toothbrush, toothpaste, socks, etc.

**Budget: \$10-25 per kit**

#### SNACK PACKS

Pack delicious snacks for people impacted by homelessness and/or youth enrolled in outdoor programming.

Includes: granola bars, apple sauce, soft baked goods, crackers, etc.

**Budget: \$5 per kit**

#### EMERGENCY CLOTHING

Assemble emergency clothing kits for folks who may not have had time to pack up their belongings. **These kits are needed daily and are in high demand.**

Includes: New t-shirts, sweatpants, sweat shirts, socks & underwear.

**Budget: \$100 per kit**

#### BACKPACKS

Assemble backpacks filled with supplies for K-12 students across Massachusetts.

Includes: Backpacks, pencils, pens, markers, crayons, pencil case, eraser, ruler, glue, calculators, notebooks, earphones, folders, scissors, etc.

**Budget: \$45 per backpack**



EMAIL [LSCBOS@LIFESCIENCECARES.ORG](mailto:LSCBOS@LIFESCIENCECARES.ORG) TO SIGN UP





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# HOLIDAY HELPERS

## SHOP WITH AN IMPACT

### Boomerangs

All proceeds of the thrift shop go to the AIDS Action Committee of Massachusetts.

### Rosie's Place Woman's Craft Cooperative

Purchase beautiful jewelry from artisans of Rosie's Place. Proceeds from sales support vital programs and services for poor and homeless women.

### Gateway Arts

Support adults with disabilities build meaningful careers in art by purchasing beautiful artwork.

### More Than Words

Purchase books & clothing! All proceeds empower youth who are in foster care, homeless, or out of school.

### iCater

Support Pine Street Inn's social enterprise and job training program and provide meals for shelter guests.

### STATE

Purchase one of STATE's bags, and they will donate a fully-packed backpack to a local student in need.

### Bombas

For every purchase, Bombas will donate highly requested items to homeless shelters.

### Uncommon Goods

Purchase unique finds with proceeds going to forest conservation, national disaster relief, and other issues.

### Global Goods Partners

Proceeds go to bridging gaps, opening doors and providing opportunities for artisan women to join the international marketplace.

### Roma Boots

Ship waterproof boots around the world with your purchase.

### Soap Box

Buy bars of soap and give soap and hygiene education to those in need.

### Bookshop

Order books from independent bookstores from any location! 100% of the profits from your purchase will go to that bookstore.

## #SHOPBLACK

### RESTAURANTS

- Exodus Bagels (Jamaica Plain)
- Wingz & Tingz (Hyde Park)
- Flames Caribbean (Multiple locations in Boston)
- Asmara (Cambridge)
- Obosa Foods (Roslindale)
- Caked (Somerville)
- Tipping Cow Ice Cream (Somerville)

### CLOTHING AND BEAUTY

- House of Culture (South End)
- Nouveau Fashion Gallery Women's fashion store (Boston)
- Bonita Hair Salon (Somerville)
- Hair It Is Barbershop (Mattapan)
- Soap Her Girl (Somerville)
- BLACK LABEL (Somerville)

### RECREATION

- Frugal Bookstore (Roxbury)
- Trust Therapeutics (Boston)
- Anointed Hands Massage & Spa Essentials (Randolph)
- The Williams Agency (Cambridge)
- Little Cocoa Bean Co. (Boston)

### NATIONAL BRANDS

- The Honey Pot Company (Feminine Care)
- Mielle Organics (Hair Care)
- Pyer Moss (Fashion)
- Pat McGrath (Cosmetics)
- Telfar (Handbags)
- Alexandra Winbrush (Candles)
- CultureFit (Athleisure Wear)
- Pipcorn Heirloom Snacks (Food)
- Blk & Bold (Coffee)

