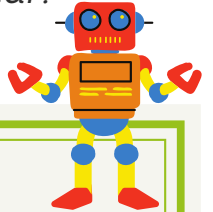


# HOLIDAY HELPERS

*'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 blake@lifesciencecares.org to get involved!](mailto:blake@lifesciencecares.org)**



## **TOY & GIFT CARD DRIVE**

LSC and our partners are working to ensure that 1,500+ children receive at least one gift this holiday season! Sign your team up to sponsor toys and gift cards! First, decide how many gifts your company will commit to sponsoring. Then we'll send you a list of the coolest new gadgets & fun toys to help you coordinate your drive. Sign up TODAY to reserve your spot!

**[Click here for full details](#)**

**[Commit your company interest here](#)**



## **SPONSOR A COAT DRIVE**

As the temperatures drop, let's come together and make sure our neighbors are staying warm! Companies decide how many coats they want to sponsor and will be provided a list of jackets and sizes needed from our partners.

## **FILL-A-SLEIGH WITH ROOM TO GROW**

We've partnered with Room to Grow and turned their usual Fill-A-Truck campaign into a winter party! Sign up your company to help Fill-A-Sleigh with winter gear for kids. The sleigh will "fly" around town to collect the items while playing holiday tunes and throwing a micro-party for your team.



## **FLIP YOUR HOLIDAY PARTY INTO A GIFT FOR LSC**

Did you budget for a holiday party or gifts for your employees or clients, but want to demonstrate your commitment to 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! Reach out to Emily at [emily@lifesciencecares.org](mailto:emily@lifesciencecares.org) to learn more.

# SUPPORT OUR PARTNERS' MOST URGENT & SEASONAL NEEDS

## GOOD FOR SMALL GROUPS

### Decorate for Thanksgiving and Fall at St. Francis House Day Shelter

**November 4,5,7, or 8 | 2:30PM - 4:30PM | Boston**

**(or) November 6 | 1:30PM - 4:00PM | Boston**

Work with the St. Francis House staff team to decorate for fall, their Thanksgiving celebration, and to support Thanksgiving event preparation. (No guests will be in attendance during this shift.)

*Great for individuals or groups of up to 5 volunteers. Ages 17 & up.*

### Decorate for Winter and Christmas at St. Francis House Day Shelter

**December 2,3,5, or 6 | 2:30PM - 4:30PM | Boston**

**(or) December 4 | 1:30PM - 4:00PM | Boston**

Work with the St. Francis House staff team to decorate for winter and their Christmas celebration. (No guests will be in attendance during this shift.)

*Great for individuals or groups of up to 5 volunteers. Ages 17 & up.*

### Set Up a Safe Place for Homeless Youth to Sleep at Night

**Ongoing | 5PM - 5:45PM | Boston**

Volunteers will set up the Welcome Center for Bridge Over Troubled Waters by wiping down all surfaces and desk stations, moving furniture, sweeping floors, setting up cots, taking trash bags to the lobby, and helping with meal preparation, if needed. A gift card will be left on each cot.

*Up to 5 volunteers per night. Volunteers must be 21+. \$180 per shift.*

### Outdoor Clean-Up with Julie's Family Learning

**Now - December | Mornings | South Boston**

Julie's Family Learning Center needs volunteers to do light outdoor clean-up tasks,, such as raking.

*Great for groups of up to 8.*

## GOOD FOR BIGGER GROUPS

### Engage with Active Older Adults at East Boston Social Centers

**Bingo Mondays | 10:00 AM - 12:30PM | East Boston**

**Knitting Wednesdays | 9:30AM - 12:30PM | East Boston**

**Qui Gong & Cornhole Thursdays | 9:30AM - 12:30PM | East Boston**

Join the group of 12-15 active older adults for the community morning activity! Bring prizes for bingo, your own knitting, or your cornhole skills to spend time socializing with older adults.

*Great for individuals or groups of up to 15 volunteers. Ages 17 & up.*

### Sort Toddler and Baby Items with Room to Grow

**Date and time flexible | Hyde Park**

During two-hour volunteer sessions, volunteers sort and quality check baby and toddler items in Hyde Park. The exact project that volunteers work on is dependent on what recent donations they have received, but examples include sorting toys by age and sorting clothing by size and season.

*Great for groups of up to 10 volunteers per shift.*

### Be a Farmer for a Day with UFI

**Daily | 9:00AM - 11:00AM | Mattapan**

Help with planting, harvesting, and field prepping at this beautiful urban farm!

*Great for individuals or groups of up to 10 volunteers.*



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# 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!

## Help Project Place with Thanksgiving Lunch

**November 25 - 26 | 10AM - 12:00PM | South End**

**November 27 | 10:30AM - 1:00PM | South End**

Join one of Project Place's biggest traditions where they invite former and current clients to enjoy a special Thanksgiving meal, prepared and served by the Project Place community. Sign up for food preparation on Monday/Tuesday AND/OR food serving on Wednesday!

*Great for groups up to 10 volunteers.*

## Serve Meals at Victory Programs' Boston Living Center

**Weekdays | 10:00AM - 2:30PM | Boston**

Help serve hot, nutritious meals to our members living with HIV/AIDS and other chronic illnesses who may also be experiencing substance-use disorder and housing or food insecurity. Over 80% of members rely on these meals as their primary food source.

*Great for individuals or groups of up to 7 volunteers. Ages 17 & up.*

## Healthy Waltham's Food Pantry

**2nd and 4th Thursday of each month | Flexible, 2-hour AM & PM shifts | Waltham**

Volunteer at the bi-weekly food pantry, rain or shine! Pack and distribute food to the community.

*Great for individuals or groups of up to 20 volunteers. All ages welcome, but children under 18 must be accompanied by an adult.*

## Prep and Serve for Deli Day with Bridge over Troubled Waters

**11:15AM - 12:45PM | Brighton**

Prepare a buffet-style lunch for homeless, runaway, and at-risk youth living in Bridge Over Troubled Waters' Transitional Living Program (TLP).

*Great for individuals or groups of up to 8 volunteers.*

## Want to give back while staying in the office?

Reach out to Blake at [blake@lifesciencecares.org](mailto:blake@lifesciencecares.org)

### Assemble shelf-stable food in your office!

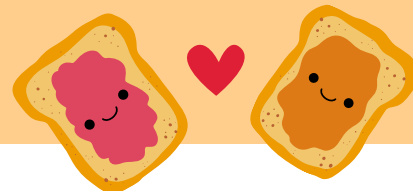
Help FamilyAid families feed their families by packing care packages of shelf-stable foods.

On May 1, 2024, SNAP benefits changed and it has impacted families across FamilyAid programs struggling with food insecurity. These shelf-stable food kits go to families that are feeding their children with reduced monthly benefits, and will also cover emergency food needs.



### Assemble peanut butter and jelly sandwiches

Prepare these nutritious sandwiches in your office and deliver them for day-of distribution to clients at St. Francis House day shelter in Boston or CASPAR/Bay Cove outreach program in Cambridge.





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## GIVE BACK IN THE OFFICE

### IN-OFFICE ACTIVITIES ● DRIVES FOR GOODS

#### WARM WINTER COATS

The weather is dropping so let's come together to make sure our neighbors are supplied with the gear necessary to stay warm in the New England winters!

#### BOOKS

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

#### GIFT CARDS

Gift cards empower community members that 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!

#### 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!

#### INSTRUMENTS

Do you have an old clarinet that you no longer play lying around? Do you want to inspire the next generation of musicians? Our partners can absolutely use the equipment!

### IN-OFFICE ACTIVITIES ● CARE PACKAGES

#### WARM WINTER HYGIENE KITS

Pack kits of essential toiletries and warm winter gear for people impacted by homelessness.

Includes: shampoo, conditioner, soap, lotion, deodorant, lip balm, band-aids, tissues, toothbrush, toothpaste, socks, scarves, gloves, etc.

**Budget: \$25-30 per kit**

#### WELCOME HOME BASKETS

Provide youth or families moving into their housing with Welcome Home Baskets filled with supplies to help them cook, clean, and feel at home in their new space, for Bridge Over Troubled Waters' and FamilyAid's clients

Includes: towels, cutlery & utensils, laundry bins, soap, detergent, etc.

**Budget: \$100-250 per kit**

#### BABY BUNDLES

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

Includes: diapers, onesies, baby shampoo, baby blankets, etc.

**Budget: \$100 per kit**

#### YOUNG ADULT CARE PACKAGES

Unhoused and housing insecure young adults ages 18-24 are often forgotten and under-served. Help create care packages of snacks, hygiene items, etc., for the young adults that drop in to Children's Services of Roxbury's "You Got This" center.

Includes: snacks, shampoo, conditioner, soap, etc.

**Budget: \$20-40 per kit**



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







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# HOLIDAY HELPERS

## SHOP WITH AN IMPACT

### Bookshop

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

### 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.

### 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.

## #SHOPBLACK

### RESTAURANTS

- Exodus Bagels (Jamaica Plain)
- Wingz & Tingz (Hyde Park)
- Flames Caribbean (multiple locations in Boston)
- Asmara (Cambridge)
- Obosa Foods (Roslindale)
- Clarke's Cakes & Cookies (Dorchester)

### 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 (Cambridge)
- DARK MODE (Somerville)
- BGM Apparel (Roxbury)
- Fusion Doll LLC (Brockton)

### RECREATION

- Frugal Bookstore (Roxbury)
- Trust Therapeutics (Boston)
- Anointed Hands Massage & Spa Essentials (Randolph)
- Little Cocoa Bean Co. (Boston)
- The Social Butterflies Events (Boston)
- Snapped Boston (Dorchester)

### 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)



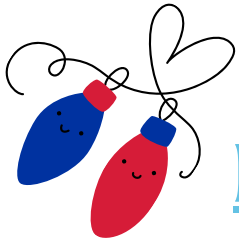


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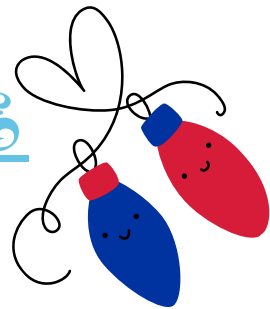


# Toy & Gift Card Drive

Support kids and families this holiday season  
by helping Life Science Cares Boston collect  
1,500+ toys and gift cards!



## HOW TO PARTICIPATE



1. **Commit** to a level for your company to collect and **donate** a specific number of gifts **using this form.**

On average, gifts cost \$30–60 each



TIER 1: STOCKING STUFFERS (1-20 TOYS)

TIER 2: CARING CAROLERS (21-50 TOYS)

TIER 3: REINDEER SPONSORS (51-100 TOYS)

TIER 4: SLEIGH SQUAD (101-150 TOYS)

TIER 5: TINSEL TITANS (151-200 TOYS)



2. **Recruit** your employees to **buy and donate** the gifts on your list. LSC will provide a Wish List of gifts, as well as links to where they can be purchased online.

Plan on gifts arriving by **December 6**, at the latest, to allow time for shipping delays. Or, avoid shipping delays by supporting a small business and shopping at your local toy store!

3. **Find** a **safe space to collect and store** your employees' donations between now and December. Gifts can be collected at your office or by employees open to hosting drop-off locations at their homes.



4. **Designate** a volunteer or two to **inventory and label** received gifts to ensure your list is fulfilled and each child gets a gift.

5. **Deliver** all gifts to the respective nonprofit during the **week of December 2** OR **December 9**.

*A 100% virtual option is also available.  
Let us know if you'd like to participate that way!*



# MULTIPLY YOUR IMPACT

Multiply your company's impact by choosing one of the following optional add-ons!



## Merry Multiplier

This year, we are launching the Merry Multiplier option to add on top of your toy commitment!

*While the toy drive is employee-led, your company can increase the impact by purchasing a Merry Multiplier from \$75–1,000—completely up to you! We will then use that sponsorship to purchase toys in bulk, which can range anywhere between 24–144 additional toys!*



## Gift Card Multiplier

Each year, gift cards are our nonprofit partners' biggest need.

Purchasing gift cards is an important way to ensure that the youth and their caretakers are able to purchase gifts of their choice.

*Gift cards are purchased in increments of \$25.*

*This season, we are encouraging companies to increase their impact even more by providing a donation that will go directly to those being supported by our nonprofit partners.*



**QUESTIONS OR READY TO SIGN UP?  
EMAIL [ANNA@LIFESCIENCECARES.ORG](mailto:ANNA@LIFESCIENCECARES.ORG)**