

SPECIAL MENU!

Seasonal opportunities & more for your team!



LIFE SCIENCE CARES
boston

SUMMER OF SERVICE

BBQ SPECIAL OPTION #1

BACK-TO-SCHOOL BBQ AT CASA MYRNA TEEN SHELTER

Monday–Friday, after 5PM

Your team can bring joy in the form of grilled meats, veggies, and games to families who are survivors of domestic violence and teen parents. Foster team building while you bring normalcy during traumatic periods in the lives of survivors. Up to 10 volunteers.

DONATION:
_____THE MEAL

BBQ SPECIAL OPTION #2

CHILL & GRILL AT BRIDGE

4PM–6PM | Brighton

Support homeless, runaway, and at-risk youth by preparing a meal for the kids and staff of Bridge Over Troubled Waters.

Up to 7 volunteers. Ages 21+.

DONATION:
_____THE MEAL

ADD-ON: LEAVE SURPRISE GIFT CARDS FOR THE KIDS!

_____ \$20–25/CARD

**DON'T
FORGET**

All members of our Network of Good can visit
lifesciencecares.org/volunteer to find more ways to give back!



MENU

★ IN-PERSON ★ SEASONAL OPPORTUNITIES



TOT-LOT SUMMER

CLEAN UP

East Boston Social Centers
3-hour shift | Monday–Thursday | Flexible day and time
Clean up EBSC's Jeffries Point Pre-School location by weeding, raking, leaf clean-up, and planting.
Groups of up to 25.

_____ \$500–2,000

PORTIS PLAYGROUND

PROJECT

Victory Programs
3-hour shift | Flexible day and time
Support families living at Portis Family Home by making the yard a safer, more enjoyable space for the kids to play in! Volunteers will roll up their sleeves for general landscaping and yard work, and also enjoy a program tour to understand the impact they are making.
Groups of up to 10.

_____ \$1,000

BOOK NOW

for September & October

WORK A FARM AT THE FOOD PROJECT

GROUPS UP TO

100 _____ \$100/PERSON

TUES. & THURS. | 3-HOUR SHIFT | 4 LOCATIONS

Your team will be led by farm staff at one of their urban or suburban farms as they support a more sustainable food system. Volunteers will plant, weed, get dirty, and become more familiar with the land. Activities available for volunteers with varying physical needs and abilities.

SUPPORT

EAST BOSTON SOCIAL CENTERS

**Serve seniors
as a team!**

JOIN A PICNIC

Join seniors at Salem Willows for an outdoor picnic! Join for coffee and donuts in the morning, play bingo, enjoy scenic views, eat ice cream, and more! Seniors need help navigating the picnic and would love the joyful conversations.

CORNHOLE TOURNAMENT

Volunteers will join active adults tend to their garden as they chat and stroll through the Greenway.

GARDENING & WALKING CLUB

These active adults are avid, competitive cornhole players! Join them for a few hours of friendly competition and some refreshments on the Greenway!

\$250/GROUP/ACTIVITY

**JULY 9
10AM–
3PM**

**SEPT 9
10AM–
3PM**

**SEPT 10
10AM–
3PM**



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CARES



MENU

★ IN-OFFICE ★ GIVE BACKS



“NAVSACKS” FOR RETURNING CITIZENS

Our neighbors reintegrating post-incarceration face many barriers. Project Place knows that a backpack equipped with hygiene, dignity, and other essential items can help their clients, many of whom are unhoused, as they navigate the search for employment and stability.

_____ \$50–70/KIT

MILESTONE MOMENT KITS FOR FOLKS IN TRANSITION

Put together fun, impactful care packages to help families celebrate these big moments! During a resident’s time at St. Mary’s Center for Women and Children, they experience many life milestones on their paths to economic and emotional stability. These include graduating from higher education, getting a new job, gaining citizenship, celebrating a child’s birthday, and more!

_____ \$20–60/KIT

STEAM KITS FOR MIDDLE SCHOOLERS

STEAM Ahead provides students with access to S.T.E.A.M in a fun and interactive way. The portable kit activities can be completed in the classroom via group builds or at home. The kits accompany STEAM Ahead’s custom curriculum, incorporate design challenges, and introduce students to key vocab and concepts.

_____ \$20–30/KIT

CELEBRATE ADULT LEARNERS FORGING NEW CAREERS

From Building Pathways providing access to the building trades to Justice 4 Housing organizing Commercial Driver’s License trainings to NECAT certifying graduates to work in the culinary world, a variety of trainings and graduations will happen this spring! Your team can pack graduation kits to celebrate these adults who’ve taken the brave step to better their lives with a new career.

_____ \$20–150/KIT

PENCIL BOXES FOR KIDS K–GRADE 3

Boxes include pencils, a dry erase marker with eraser, box of 24 crayons, 2 glue sticks, a pair of blunt scissors, earbuds for the classroom, and a note of encouragement and positive messages for these wonderful kids living in shelter or subsidized housing

\$10–20/KIT

housewarming!

BOARDING SCHOOL KITS

Support a young Alexander Twilight Academy student leaving home for the first time to attend a high school boarding school.

\$200/KIT

WELCOME HOME BASKETS

As they move into more stable homes, residents of St. Francis House, Children’s Services of Roxbury, FamilyAid, and Victory Programs are provided kits with essential (and fun!) items so they can turn their new spaces into homes!

\$20–100/KIT

REACH OUT

joseph.cain@lifesciencecares.org



★ IN-OFFICE ★ GIVE BACKS

SPECIAL!

Make 100–200 PB&J sammies in your office for St. Francis!

BIRTHDAY PARTY PACKS

Make sure every family that visits Healthy Waltham's food pantry can throw a birthday party for their child. Kits include cake mix, candles, frosting, happy birthday sign, hats, streamers, balloons, and more!

\$20–50/KIT

SPICE IT UP

Everyone deserve flavorful food. Healthy Waltham pantry visitors will enjoy kits with salt & pepper, cooking oil, salad dressing, condiments, and other seasonings.

\$15–30/KIT

SENIOR SUMMER PACK

Support East Boston Social Center's Active Adults with some necessities for the warmer weather like a battery operated fan, sun visor, walking pedometer, snacks, sunscreen, cooling towel, and more!

\$20–50/KIT

PACK-A-SOUP

Support food-insecure families by having your team portion and assemble ingredients, and a recipe, for a soup dinner! Healthy Waltham will distribute the ready-to-prepare soup kits at their food pantry that serves 500+ families every other week.

\$20–40/KIT

THE GIFT OF CONFIDENCE: HYGIENE SUPPLIES

Various LSC nonprofit partners serving high school students to folks moving into shelter need hygiene kits to provide dignity, confidence, and a healthy lifestyle. Kits contain toiletries such as shampoo, conditioner, soap, deodorant, and more.

\$20–80/KIT

KITS FOR PRESCHOOLERS _____ **\$20–30/KIT**

Horizons for Homeless Children knows how important play is for strengthening the parent-child bond and for children's early development. Many parents living in shelter do not have the resources, confidence, or skills to support their children's play, as it may not have been part of their own childhood. With these kits, each child living in shelter can have their own toys, books, and more!

STEAM KITS FOR MIDDLE SCHOOLERS

STEAM Ahead provides students with access to S.T.E.A.M in a fun and interactive way. The portable kit activities can be completed in the classroom via group builds or at home. The kits accompany STEAM Ahead's custom curriculum, incorporate design challenges, and introduce students to key vocab and concepts.

\$20–30/KIT



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IN-PERSON GROUP OPTIONS



ROOM TO GROW

2-hour shift | Flexible Date and Time
Sort and quality check baby and toddler clothing and toys in Hyde Park.
Groups of up to 10.

\$30/VOLUNTEER

FOOD

PREP & SERVE MEALS AT ST. FRANCIS

Weekdays | Morning and afternoon shifts
Support the largest day shelter in New England by serving meals and restoring dignity to those facing housing insecurity.

\$60/VOLUNTEER

PACK FOOD FOR 200 FAMILIES AT WEST END HOUSE

Thursday | time varies
Help pack bags and boxes of nutritious frozen food items in preparation for their bi-weekly food distribution to over 200 families in the community.
Groups up to 15.

\$60/VOLUNTEER

Victory Programs

BUILD HARM- REDUCTION KITS

Wed. & Thurs. | Flexible time
These kits save lives. Sponsor and assemble harm-reduction kits while learning about the importance of harm-reduction strategies. Victory Programs' Mobile Prevention Team provides street-based interventions to prevent overdoses, mitigate infectious disease, and keep folks healthy.

\$500. AGES 18+

SERVE MEALS AT BLC

Weekdays | 10:00AM-2:30PM
Prepare & serve delicious and nutritious meals to Boston Living Center members! Volunteers serve meals, wash dishes, clean tables, and more.
Groups of up to 7.

\$500. AGES 17+

HEALTHY WATHAM FOOD PANTRY

2nd and 4th Thursday of each month
Flexible, 2-hour AM and PM shifts
Biweekly food packing and distribution. Great for individuals or groups of up to 30 volunteers. All ages welcome. Children under 18 must be with an adult.



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STEM GIVE BACK SPECIALS



ELEMENTARY DIY STEAM

West End House needs volunteers to engage with elementary school-aged youth in their DIY STEAM Program. Nurture learning and exploration, and encourage the kids to use their creativity as they tackle hands-on STEAM challenges (race cars, catapults, etc.). Groups of 4-5 per session needed.

GROUPS OF 4-5/SESSION

STEM AFTER-SCHOOL CAREER DAY SPEAKERS

Tuesdays & Thursdays | 1 hour between 2-5PM
Lowell or Somerville

Kids in Tech needs you to share your STEM story and career path with middle or elementary youth eager to learn! They'll help you plan your session and facilitate a hands-on activity.

Up to 4 volunteers per session.

GROUPS UP TO 4/SESSION

**JULY 16
3-6PM**

**JULY 24
1:30-
4:30PM**

**AUG. 4
1:30-
4:30PM**

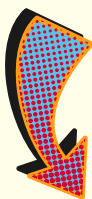
LEAD STEM EXPERIMENTS FOR PRESCHOOLERS

Horizons for Homeless Children needs volunteers to share a fun science, math, or art activity for young children ages 3-5 years old. Flexible date and time. For small groups and individuals.



BOOK NOW FOR FALL

Shifts book many months in advance so don't wait!



SUPPORT STEM LEARNING FOR GIRLS

2-HOUR WEEKDAY

SHIFT _____ **\$1,000-10,000**

Bring your team to pack one week of curriculum materials for all of Science Club for Girls' virtual participants! Groups of 15-40 volunteers.

REACH OUT

joseph.cain@lifesciencecares.org



LIFE SCIENCE CARES





Help us reach our goal of 3,000 donated backpacks!

SIGN UP NOW FOR LSC's ANNUAL BACKPACK DRIVE!

Last year, LSC's Network of Good donated over 2,800 backpacks, and we're aiming to donate more this year!
Your company can commit to sponsoring and assembling backpacks for pre-K through high school students.



1. **Decide** how many backpacks you'd like to sponsor and assemble, then let us know. On average, backpacks cost **\$30-50 each**. We recommend assembling **2-5 backpacks per volunteer** you expect to attend your event.
2. **Pick a date and time before August 15** to host the event. This can be at your office, an offsite, or another location of your choice!
3. **Life Science Cares will help** with all the logistics of gathering/ordering items. We'll also coordinate with the nonprofit regarding your event and the drop off of the packs.
4. **Host a fun, meaningful event** with your team!

Backpacks will be donated to:



JOIN OUR COMMUNITY-LED BOOK DRIVE!

Let's come together to ensure every child has the books they need to thrive!
Join our community-wide book drive to support children, who need access to culturally appropriate books, including Spanish and Haitian Creole speakers.



HOW TO GET INVOLVED:

1. **Host an employee-led fundraiser for books.**
2. **As a company, commit to a certain number of books.** After you commit, we'll create a custom book list for your team that they can order directly from.
3. **GET CREATIVE and think beyond your company! PRINT THE FLYER BELOW TO SHARE IN COMMON SPACES!** You can encourage your clubs, faith-group, or neighborhood group to get together and give back. You can even share with your friends, in your group chat, and with your alumni network. Want to do this but not sure how to get started? Reach out if you need more help!

WHY IT MATTERS:

Access to books that reflect a child's culture and language is crucial for fostering a love of reading and supporting literacy development. You'll help build a library of books that resonate with and inspire our students.

For more information, please contact Joe at joseph.cain@lifesciencecares.org





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CHILDREN'S BOOK DRIVE

Join us in making a difference in the lives of local students!

LSC Boston is hosting a community-wide book drive to support children who need access to culturally appropriate books. Our partners work with children from diverse backgrounds, including Spanish and Haitian Creole speakers.

Let's come together to ensure every child has the books they need to thrive!

WHY IT MATTERS:

Access to books that reflect a child's culture and language is crucial for fostering a love of reading and supporting literacy development. Your contributions will help build a library of books that resonate with and inspire our students.

HOW TO GET INVOLVED:

Scan the QR code below or visit **[this link](#)** and buy a book (or two!) to be donated directly to our nonprofit partners serving students who need it most!



For more information, please contact Joe at joseph.cain@lifesciencecares.org