

These virtual volunteer opportunities are the perfect way to support Ronald McDonald House Charities of Chicagoland & Northwest Indiana (RMHC-CNI) while away from our Houses and Family Rooms.

Reveal your Recipes: We are creating a recipe idea book to share with Meals from the Heart and Cookies from the Heart groups, helping them identify fun, healthy and diverse options to cook or bake during their volunteerism. The recipes you share will not only inspire these groups, they will ensure our families enjoy a variety of new, healthy and heart-warming dishes.

- **How to participate:** Send us your favorite recipes! We want to see what entrees, sides, treats and snacks you love. For every recipe you send, be sure to include 1-2 sentences about why you love the dish, where it comes from, what it means to you or why it's one you want to share.
 - **Meal recipes:** Convert the recipes for any entrees or side dishes to make enough for 20-25 people. We're looking for variety and creativity, so please avoid sending taco, pasta or pizza recipes. Vegetarian options and healthy sides are always needed!
 - **Sweets and snacks recipes:** Send two versions of your recipes for any baked goods, snacks, or other grab-and-go goodies, one to make 2-3 dozen and one to make 4-5 dozen. Recipes for both sweet and savory options are welcome.
- **Send your selected recipes to the Volunteer Services team at volunteers@rmhccni.org with the subject line "Virtual Volunteering – Reveal Your Recipes."**

Share your Story: We know our volunteers have amazing stories, so we want to know yours. We always need stories to help us highlight and celebrate the great work of our volunteer community, as well as to help us recruit new volunteers.

- **How to participate:** Answer the questions below, sharing as much information as you'd like (we will work with you to make any needed tweaks or edits in the future). Then, send us your responses along with pictures of you volunteering. We'll keep these stories on hand for future use on social media, in blog posts, in e-newsletters and more!
 - How long have you volunteered with RMHC-CNI?
 - Where or how do you usually volunteer (House, event, other)?
 - Why did you first start volunteering with us?
 - What is your favorite memory or experience from volunteering?
 - What does it mean to you to donate your time to RMHC-CNI?
- **Ready to share your volunteer story? Submit your answers to the above questions [via this online form](#).**

Meaningful Messages: Families staying in our Houses and Family Rooms are facing incredibly challenging situations. Help brighten their days by sending encouraging quotes, poems or sentiments to be posted on the digital signage in each of our locations.

- **How to participate:** Find your favorite encouraging, meaningful or motivational quotes, sayings and poems, or share a sentiment of your own, to give our families an uplifting moment. We will post these words on our digital signage, so short and sweet is best (1 sentence long). Please be sure to keep the pieces you share appropriate for all ages, non-religious and avoid referencing illness. Examples of what we're looking for include: When it rains look for rainbows, when it's dark look for stars; Every day may not be good, but there is something good in every day.
- **When you have your message(s) selected, [submit online here](#).**



Virtual Volunteering

Common Questions: We want to know what questions you had about RMHC-CNI when you first became a volunteer, what questions you still have, or what questions you are asked about the organization. We always strive to improve our volunteer recruitment information, training materials and ongoing communication, so your input makes these pieces as effective and helpful as possible.

- **How to participate:** Send a list of your previous, current or often received questions – whether about RMHC-CNI’s work, who we are as an organization, what it means to be a volunteer, how people can help, etc. What answers, information or other details do you think would be helpful for our supporters and volunteers (both new and veteran) to know? Be sure to identify what questions you currently have so we can work to address them sooner than later.
- **When you have your questions or comments ready to share,** [submit them online here](#).

Questions?

If you have any questions about the above opportunities, or want more information on how to participate, contact the Volunteer Services team at volunteers@rmhccni.org.