



**Ronald McDonald
House Charities®**
Arkansas

1501 West 10th Street
Little Rock, AR 72202
501-374-1956
RMHCArkansas.org

How You Can Help

- **VOLUNTEER** — we need hundreds of volunteers annually for clerical work, special events, and more. Whether you can give an hour or a few times a month, we have plenty of volunteer needs.
Contact Erica@RMHCArkansas.org or 501-537-3910
- **WISHLIST** — 32 families stay in the House each night (that's 1,200 families every year!). We need everything from laundry detergent to trash bags to cleaning supplies. Each week we have Wishlist Wednesday on social media where we post the most pressing need.
A full list can be found on our website www.RMHCArkansas.org
- **SUPPER CLUB** — through volunteer groups we provide meals for families. We are always looking for groups or individuals to prepare breakfast, lunch or dinner. **For a calendar of available dates contact Kristi@RMHCArkansas.org or 501-374-1956**
- **TAX-DEDUCTIBLE DONATIONS OR SPECIAL EVENT SPONSORSHIPS** — whether it is a one time gift, a monthly donation, or an event sponsorship, all donations support your local Ronald McDonald House by sponsoring a family's stay while their critically-ill child is hospitalized.
- **POP TABS** — collect pop tabs, those small aluminum pieces found on soda, soup, vegetable and pet food cans, and donate them to RMHCA. We recycle them in exchange for money that helps support our programs.



Follow us on social media

Ronald McDonald House Charities of Arkansas
or @RMHCArkansas