

# MLK Service Challenge



## INSTRUCTIONS:

1. A contact person for your club/organization must contact Rebecca Cole at [ncsuvista@gmail.com](mailto:ncsuvista@gmail.com) or 513-7844 to register for a challenge.
2. Challenges will be given out on a first come first served basis ... have a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice.
3. You have until March 1<sup>st</sup> to complete the challenge.
4. Once you have completed the challenge – contact Rebecca to arrange delivery of your items at the agency.

## CHALLENGE #1 - The Food Bank of Eastern & Central NC

By operating efficiently and utilizing donated food resources, the Food Bank of Central & Eastern North Carolina can provide a great return on the community's investments. For every \$1 donated the Food Bank can return over \$10 worth of groceries to the community. Here's how the food is distributed: Food is donated to the Food Bank through grocery stores, food manufacturers and distributors, and community food drives. This food is sorted, collected, and stored through the Food Bank's warehouses in the Sandhills, Durham, Greenville, Raleigh, and Wilmington. It is then distributed to a network of more than 860 nonprofit agencies, including food pantries, soup kitchens, shelters, day care centers, and elderly care programs.

**CHALLENGE:** The Food Bank is always in need of some products more than others. Your challenge is to collect as many items on the list below as possible. Remember, no glass.

Powdered Milk	Canned fruit (in natural juices)
Peanut Butter	100%Fruit Juices
Canned Meats	Paper Products: Toilet Paper, Paper Towels
Cereal	Hygiene Items: toothpaste, shampoo, soap
Canned foods with pop top lids	Cleaning Supplies
Tuna	Diapers and "Attends"
Soups	Elderly Nutrition Drinks ("Ensure")
Meals in a can	

## CHALLENGE #2 - Habitat for Humanity ReUse Center

The ReUse Center supports Habitat for Humanity of Wake County by selling new and salvaged building materials to the public at discounted prices. All proceeds from the Center contribute to the construction of new Habitat homes. The ReUse Center

participates in Habitat for Humanity International's overall environmental initiative by diverting usable materials away from the waste stream, while promoting responsible stewardship of natural resources.

**CHALLENGE:** The ReUse Center is open to the general public, but it is primarily used by contractors and "do-it-yourself" renovators. They need your to help get the word out to the NC State community that this is a great place for students to find all kinds of cool stuff for new apartments or residence hall rooms – cheap! The best part is that whatever money people spend at the ReUse Center goes into the making of a Habitat home. You need to put your thinking caps on and come up with creative ways to publicize the ReUse Center.

### **CHALLENGE #3 - Haven House**

For many teenagers, prom dresses and spring break are the least of their concerns. That's because in Wake County there are dozens of homeless young adults ages 16-21. Their immediate needs center on affordable housing, suitable employment, and completing their high school education. To accomplish these goals, homeless teens must first learn to develop the skills necessary for self-sufficiency: banking, house keeping, time management, public transportation, and securing employment. Haven House assists young people in transcending homelessness and learning to thrive in the community. We provide comprehensive support as the youths attempt to overcome significant circumstances that are often beyond their control. Preparation for Independent Living Program (PILP) is just one of the many services Haven House offers to homeless youth.

**CHALLENGE:** Haven House receives lots of furniture donations for the homeless youth they serve to use in their new apartments, but they need more space to store it. Can you find 500 square feet of storage space for one year?

### **CHALLENGE #4 Inter-Faith Food Shuttle**

In the United States- USDA says over 96 million pounds of food are thrown away every year. In North Carolina, 897,000 tons of food are thrown away each year. In Wake County alone, 115,000 tons (230,000,000 pounds) of food are thrown into area landfills. (NC Dept of Pollution Prevention and Environmental Services, 2000). MISSION: We believe that good food does not belong in landfills when children are hungry. We pick up un-served food from restaurants, caterers, and corporate kitchens. We pick up unsellable food from grocery stores, and the state Farmer's Market. We deliver the donated foods to soup kitchens, and shelters where it is re-prepared into balanced meals for the hungry and the homeless. We deliver it to pantries and outreach missions where it is provided to needy people for use in their own homes.

**CHALLENGE A:** The Food Shuttle distributes about 100 jars of peanut butter each week and is always in need of more. Collect as much peanut butter as you can.

**CHALLENGE B:** 100 heavy duty, full sized book bags are needed so that children can carry

canned goods home to their families from after school programs. The Food Shuttle needs your help and creativity to get these book bags. The program they are needed for starts in March - find as many bags / book bags as possible.

## **CHALLENGE # 5 - Passage Home**

Passage Home works to end homelessness, increase affordable housing, enable economic self-sufficiency and promote community economic development to build strong communities within Wake County.

Their purpose is to help strengthen low wealth families and neighborhoods by:

- Providing crisis support and assistance to families in transition.
- Providing safe and affordable housing, including home ownership opportunities.
- Fostering self-sufficiency through the development of economic opportunities.
- Bringing our Faith Partners together and encouraging the spiritual well being of the communities we serve.

**CHALLENGE A:** Passage Home provides “welcome baskets”, and other services, to women who are leaving prison to help them start over on the right foot. They need as many of these baskets as possible stocked with supplies and all put together, Welcome “Baskets” need to include:

- Plastic bucket – instead of an actual basket
- Shower curtain
- Cleaning supplies
- Broom/mop
- Toilet paper
- Paper towels
- Soap

**CHALLENGE B:** Passage Home needs to have gas cards and bus passes on hand to give their clients, as they are job hunting and seeking local services. If a person doesn't have a job, they don't have money to get to a job interview; a frustrating cycle that you can help fade by creatively using your resources to gather these donations.

## **CHALLENGE #6 - Tammy Lynn Center For Developmental Disabilities**

The Tammy Lynn Center for Developmental Disabilities (TLCDD) offers educational, residential, and family support services to children and adults with special needs. The Center's goal is to provide the individuals it serves the opportunity to maximize their abilities and potential. Emphasis is placed on what an individual can do, not what he or she cannot do.

**CHALLENGE:** The Tammy Lynn Center has a huge wish list of needs that allow them to better serve their clients. Your challenge is to collect as many items on the wish list as possible!

### **Wish List:**

Cake and cookie pans/ spatulas, mixing bowls      Pillow protectors

Kool-Aid	19" television with VHS and DVD player
Blenders	Pillow Protectors
Febreze Scentsation machines and disks	Gift Cards (Target, Wal-Mart, Toys R Us, Spencers, Barnes and Noble, K-mart, Big Lots, Lowe's, Home Depot)
Scented lotions	Garden tools
Scented Body washes	CD Walkman's with headphones
Scented bubble bath	Patio Furniture
Personal combs and brushes	Sensory toys
Night lights	Pictionary Junior
Sand art kits	Operation Shrek
Colored sand	Sorry
Massage mats	Sonic Skip Ball
Hair Accessories	Movie passes
Hygiene Products	Dinner's for 2 (Applebee's, Chili's, Ruby Tuesday, etc...)
Disposable cameras	Walkie Talkies for nurses between buildings
Batteries (AA, AAA, C, D, & 9 volt)	(5)
Washable Tattoos	
Freeze pops	
Musical instruments	

## CHALLENGE #7 - Lutheran Family Services

This year alone, Lutheran Family Services (LFS) will move over 250 refugees and asylees into the triangle area. As people who flee their native countries in well-founded fear of persecution, warfare, or human rights abuses, these families often arrive with nothing. Once in Raleigh, LFS works with the families to ensure that they have a place to live, jobs, English training, food, clothing, and furniture.

**CHALLENGE:** Lutheran Family Services is in constant need of volunteers and they need YOU to help get the word out. Create fliers and advertising materials that will help LFS recruit quality volunteers. Be sure to get what you design approved by Brianne Casey (LFS staff) before posting on campus and around Raleigh.

### Create a flier with the following elements:

- LFS Logo
- Contact information for: Brianne (919) 861-2822, [brianne.casey@lfscarolinas.org](mailto:brianne.casey@lfscarolinas.org)
- Maybe a way that they can take the contact info with them (fringe the bottom, small cards?)
- Description of volunteer needs—below are two paragraphs about our volunteer needs.
- Language that relays that LFS volunteering is fun and a great way to meet people from all over the world.
- You do NOT need to include all of this information--just enough to relay the basic idea and peak their interest:

### Refugee Language Partner

Volunteers at LFS are a large part of providing the refugee families with the individualized support that they need. Volunteers will be paired with a refugee family,

individual, or child. The volunteer will serve as an English tutor, as an advocate, or as an American friend. The volunteer will practice English with a family or individual in their home in the North Raleigh, Raleigh, or Cary area. Be an American friend to a family/individual while building your cross-cultural competency! Volunteers are asked to make a semester long commitment of 2-3 hours per week. The schedule will be arranged according to the needs of the family and the student. A short orientation is required.

### **Transportation**

Many refugees do not have cars or access to other means of transportation. However, it is critical that they be able to go to English classes, doctors' offices, and other appointments. Volunteers are needed to provide transportation on a weekly or occasional basis to English classes, women's meetings, and micro-enterprise meetings. Providing transportation to a refugee provides a great opportunity to meet and interact with an individual from another culture, while at the same time enabling them to meet their needs!

### **If you would like you could also include:**

- Website: <http://www.lfscarolinas.org/refugeeimmigration.asp>
- Countries where the refugees are from: Somalia, Sudan, Vietnam, Republic of the Congo, Ukraine, Burma, Iran, Zaire, Angola, Democratic Republic of the Congo
- Pictures- you could find pictures on the LIRS website <http://www.lirs.org/> or the CWS website <http://www.churchworldservice.org/>
- Numbers: roughly 300 begin their new lives in the Triangle area each year

### **Distribute The Flier**

The areas we most need volunteers are: North Raleigh around Louisburg Road/ Capitol Boulevard, and Cary. Think of places where potential volunteers might be such as libraries, book stores, restaurants with international food, etc.