



**Ronald
McDonald
House®**

Eastern Iowa &
Western Illinois

Pop Tab Collection Information Guide



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Welcome Letter

Thank you for your interest in our Pop Tab Collection Program! It's a simple way to make a real difference for families staying close to their hospitalized children, and every tab adds up.

This packet has everything you need to get started, including information on collection containers, how and where to drop off your tabs, and a few ideas for getting others involved. We're so glad to have you collecting with us this year.

If you have any questions along the way, I'd be happy to help. You can reach me at hyunker@ronaldmcdonaldhouseic.org or at 319-500-7642, ext. 111.

Warmly,

Heather Younker

Development Coordinator

Ronald McDonald House Eastern Iowa & Western Illinois





About Us



Our Mission

Ronald McDonald House Eastern Iowa & Western Illinois is committed to providing services that directly improve the health and well-being of children while offering a community of comfort and support for families seeking medical care for a child.

Our Vision

We lead with compassion. We focus on the needs of caregivers. We believe when families are together, they cope better, and no family should have to navigate their child's medical journey alone.

Our Story

Founded in 1985, Ronald McDonald House Eastern Iowa & Western Illinois provides care and comfort to children and their families by supporting the 31-room "home-away-from-home" Ronald McDonald House of Iowa City. Additional programs include the Ronald McDonald Family Room at UnityPoint Health-St. Luke's Hospital in Cedar Rapids, and the Ronald McDonald Family Room and Ronald McDonald Food Pantry at UI Health Care Stead Family Children's Hospital.

Through the Ronald McDonald House of Iowa City and our Ronald McDonald Family Rooms, we help remove the barriers that separate families while they receive treatment for an ill or injured child. We're more than just a place to stay—our House and Family Rooms provide the essential comforts of home: warm beds, hot showers, home-cooked meals, kitchen and laundry facilities, recreation areas, and more.

We offer all these services to our families at no cost to them.

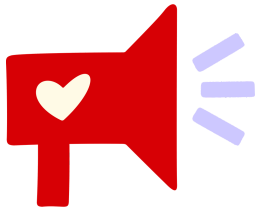




Why Pop Tabs?

Our Pop Tab Program is an environmentally smart, community friendly program which focuses on separating the pull tab from aluminum cans and containers. We focus mostly on pop tabs since they are clean, compact, and easy to collect. In addition, the aluminum in the tab is higher grade and therefore has a higher recycling value. It's a small thing that can make a huge difference and turn into valuable donations to RMH-EIWI.

Collecting pop tabs is a fun, easy way for individuals, schools and organizations to get involved with RMH-EIWI and make a difference in the community. When you pull for the house, you can:



**Raise
awareness**



**Make new
friends**



**Raise
money**



**Protect the
environment**



**Help provide a “home-away-from-home” for more than 400
families each year**





Getting Started



What are pop tabs used for?

The aluminum pop tabs are recycled, just like you would recycle plastic containers or newspapers. The money generated from recycling the tabs is used to provide operating support for RMH-EIWI programs and services.

Do I need a special collection container?

We have small cardboard houses available for use for small collections. Use several of those and add to a bigger container or get creative and make and decorate your own large container!

When donating large amounts of pop tabs please consider storing them in stackable containers such as cardboard boxes, plastic tubs, or buckets. Please avoid containers such as milk jugs, two-liter pop bottles, and office water jugs.

How do I donate?

We always have a small (14 gallon) recycling bin outside the Ronald McDonald House of Iowa City for smaller donations. For larger donations, please call ahead to schedule a time to drop them off. We accept pop tab donations between 7:30 a.m. and 9 p.m. daily. Alternatively, drop them off at our recycler. Marion Iron in Marion, Iowa will accept pop tabs for us and send us the check. Please let them know it is for RMH-EIWI. They are located at 4000 3rd Ave., Marion, IA 52302.

How much do you receive from recycling pop tabs?

The money received is based on how many pounds of pop tabs are delivered. We receive market value for recycling aluminum (typically \$0.40-0.90 per pound).

HOW TO MAKE YOUR DRIVE SUCCESSFUL:

- **Get the Word Out**

Post signs or send emails explaining the pull tab program and its impact.

- **Designate a Collection Spot**

Place collection containers in frequently visited spots such as the cafeteria, near recycling stations or in a break room.

- **Encourage Participation**

Set a goal and measure success (e.g. fill the tub, 10 lbs., a million tabs, etc.),
In schools: Engage student groups, classrooms or grade levels.
In companies: Start friendly competitions between departments.

- **Stay Connected**

Follow RMH-EIWI on social media to see how your support is helping families.



Want to Do More?



There are many opportunities to become more involved at Ronald McDonald House Eastern Iowa & Western Illinois!

Host a Donation Drive

Your organization could host a drive for much-needed items like toiletries, cleaning supplies, snacks, or toys. RMH-EIWI provides a wish list of items that can be collected to directly support guest families. Our wish lists can be found at our website www.ronaldmcdonaldhouseic.org.

Toy Closet

Each family that stays at the Ronald McDonald House of Iowa City receives a gift card for each of their children to pick out a toy to keep from our toy closet. Donations of new toys with a value between \$15 and \$25 are most appreciated. We need toys for both girls and boys of all ages, including teenagers.

Snacks on the House

RMH-EIWI stocks food pantries at University of Iowa Health Care Stead Family Children's Hospital. The pantries, which opened in October 2013, are in eight locations throughout Stead. The pantries support families with sick children by increasing their access to food options at no cost. Since its first year, our food pantries have provided an average of 142 items daily to families.

Volunteer Opportunities

From front desk support to cleaning, organizing donations, or helping with special events, RMH-EIWI offers various volunteer roles for individuals ages 16 and up. Individuals and groups alike can find ways to serve according to their skills and availability.

Meal Groups

After a long day at the hospital, a warm, home-cooked meal can mean more than words can say. Volunteers are invited to prepare and serve meals for families staying at our Ronald McDonald House in Iowa City or at our Ronald McDonald Family Room at UnityPoint Health – St. Luke's Hospital in Cedar Rapids. If cooking on-site isn't the right fit, you can also sponsor a meal with a donation of \$250. Whether you help once a month or once a quarter, your gift of nourishment brings comfort to families during one of the most stressful times of their lives. Learn more at www.ronaldmcdonaldhouseic.org

Round-Up at McDonald's

Every time a guest rounds up their order at participating McDonald's restaurants across eastern Iowa and western Illinois, they help support Ronald McDonald House, including families staying close to their hospitalized children right here in our community. An order of \$5.25 becomes \$6.00, and that 75 cents goes toward keeping families together. One small choice, made by many people, adds up to meaningful support.