



**Ronald McDonald
House Charities®**

Eastern Iowa & Western Illinois



Pull Tab Collection Program

Information Guide

Ronald McDonald House Charities of Eastern Iowa & Western Illinois

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Welcome Letter

Thank you for your interest in our Pull Tab Collection Program. Collecting pull tabs is a great way to make a difference in the lives of families and children in need.

In this packet, you will find information you can use to get your collection started. There is also additional information about collection containers, drop-off information and tips to promote participation. I hope you enjoy collecting pull tabs throughout the year.

If I can be of assistance in any way, please don't hesitate to contact me at hyouunker@rmhc-eiwi.org or 319-500-7642 (ext. 106).

Warmly,

*Heather Younker
Development Coordinator
RMHC-EIWI*





About Us



Our Mission

Ronald McDonald House Charities of Eastern Iowa & Western Illinois (RMHC-EIWI) 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, RMHC-EIWI 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 Pull Tabs



Our Pull 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 pull 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 RMHC-EIWI.

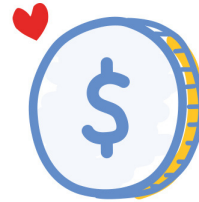
Collecting pull tabs is a fun, easy way for individuals, schools and organizations to get involved with RMHC-EIWI and make a difference in the community. When you pull for the house, you can:



**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 pull tabs used for?

The aluminum pull 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 RMHC-EIWI programs and services.

Do I need a special collection container?

We have large cardboard houses available for use, and they hold about 700 pop tabs. Otherwise, feel free to get creative and make and decorate your own container!

When donating large amounts of pull-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 pull tab donations between 8 a.m. and 8 p.m. daily. Alternatively, drop them off at our recycler. Marion Iron in Marion, Iowa will accept pull tabs for us and send us the check. Please let them know it is for RMHC-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 pull-tabs are delivered. We receive market value for recycling aluminum (typically \$0.40-0.70 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 RMHC-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 Charities of 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. RMHC-EIWI provides a wish list of items that can be collected to directly support guest families. Our wish lists can be found at <https://rmhc-eiwi.org/get-involved/wishlists/>

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

RMHC-EIWI stocks food pantries at University of Iowa Health Care Stead Family Children's Hospital. The pantries, which opened in October 2013, are in the six pediatrics inpatient areas and one pediatric surgical waiting area of the hospital. 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 129 items daily to families.

Volunteer Opportunities

From front desk support to cleaning, organizing donations, or helping with special events, RMHC-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

Volunteers are invited to prepare and serve home-cooked meals to families staying at our Ronald McDonald House in Iowa City. We also offer other meal donation opportunities like sponsoring a meal or being a part of our Casserole Club. Find more information at <https://rmhc-eiwi.org/get-involved/prepare-a-meal/>. This gift of nourishment provides comfort and support during a stressful time. Whether it's once a month or once a quarter, you make a big difference.

Round-Up

When customers 'Round-Up for RMHC at McDonald's restaurants in eastern Iowa & western Illinois, the extra change from that order goes to RMHC-EIWI. For example, if the order total is \$5.25 and the customer chooses to Round-Up, their total will be \$6 with .75 cents going to help families with a child in need of critical pediatric care.