



Kids Helping Kids Service Challenge

This challenge focuses on projects and activities that impact or affects children. To be eligible for the service challenge recognition girls or Units must participate as follows:

- ✓ Spars-2 projects from the following list
- ✓ Brownies-3 projects from the following list
- ✓ Guides 4 projects from the following list
- ✓ Pathfinders and Rangers 4 projects from the following list

The National service project focus is to eradicate hunger and poverty. Because of this we have tried to include projects that reflect this focus. We encourage you to review the national challenge so that you can use your projects towards this challenge as well. New projects will be added as they arise, if you have any suggestions or comments please pass them on to Monika at the provincial office mtheissen@girlguides.mb.ca unless otherwise stated, all completed projects are to be sent to the provincial office by June 30th or December 1st so that we can coordinate a drop off to the recipients. Please include your Units name and the number of girls that participated as well as a picture.

Winnipeg Harvest/Food Banks

Check with your food bank to see how you can help. Here are some ideas:

- ❖ Volunteer hours at a food bank or soup kitchen
- ❖ Do a community food drive, setup in a mall, school, or a community event
- ❖ Ask for food donations all month instead of dues
- ❖ Make a tower of tuna, a castle of KD or a con construction-use your imagination!

Take a picture of your activity and send it in to the office. Donate your food directly to the food bank. Register your totals on the national challenge website. See the resources section at the back of this challenge for a list of food banks and community contacts. Also provided is the top ten food donations wish list.

Project Linus

Project Linus is a 100% volunteer non-profit organization that collects blankets for children undergoing difficult circumstances. Their goal is to comfort severely ill and traumatized children by offering security blankets. Make your blanket a quilt, comforter or receiving blanket. Some ideas for blankets include:

- Crochet-best for older girls and or adult members
- Squares-girls can paint or otherwise decorate individual squares, which are then sewn together. For very young girls, handprints (with or without name and age) would be appropriate
- Fleece-choose one color of fleece for the background and apply cutouts in other colors
- Old pajamas-cut squares of fabric from old, washed pajamas from a recycled, cozy blanket

Blankets must be handmade and washable. The ideal size is 40"x60". Smaller sizes are also appreciated, but very large blankets should be avoided, as the recipients tend to drag their gifts around with them.

Osborne House

Osborne house mission statement:

Osborne house empowers women and their children who are experiencing domestic abuse by providing them with a safe and supportive environment and through residential and non-residential programs and services.

Osborne house provides a 24-hour, 7 days a week, short-term safe and supportive residential environment for abused women and their children. The staff provides physical needs (food, shelter and clothing) as well as emotional support, factual information, referrals and facilitating support groups to empower women to make informed choices. They also provide short term counseling, support groups and services for abused women requesting assistance in making informed decisions about establishing themselves in a non-abusive environment. While they are residing in the shelter, and after leaving the shelter provides support for the children of abused women, by assisting the children that are affected by family violence to understand the dynamics of abuse in the context of family relationships.

Wish List (NEW OR GENTLY USED)

For Babies

- ❖ Sleepers (large)
- ❖ Toddler clothing
- ❖ Baby wipes and diapers

- ❖ Formula for babies
- ❖ Nightlights
- ❖ Bottles
- ❖ Food

- ❖ Cereal

For Children and Teens

- ❖ Art and craft supplies

- ❖ Books, CD's
- ❖ PJ's and slippers
- ❖ Board games
- ❖ Teen movies
- ❖ N64 games
- ❖ PlayStation games
- ❖ Shampoo and soap
- ❖ Large children's pillows

Kitchen Goods

- ❖ Cookies (no nuts)
- ❖ Pasta (all sorts)
- ❖ Macaroni and cheese
- ❖ Condensed milk
- ❖ Tuna
- ❖ Cake mixes
- ❖ Cereal
- ❖ Nutritional snacks (no nuts)

For Mom

- ❖ Hair dryers
- ❖ Curling irons
- ❖ Deodorant and make up
- ❖ Self-help books
- ❖ Housecoats
- ❖ Movies
- ❖ Umbrellas
- ❖ Day timers/organizer

Alpha House

Alpha house provides long term living for women and their children who have left abusive situations. Residents live in Alpha house for up to nine months while participating in one on one, children's counseling and support groups. They believe that everyone deserves a joyful life free of fear and intimidation. When residents arrive at Alpha House they come with little to nothing because they have had to flee from their homes. They work very hard at making "Alpha House a Home" for our residents so that they feel a level of comfort in their suite at a time filled with sadness and fear of the unknown. When residents are ready to leave, it is their goal to send them with enough of the basics to be able to start fresh in their own home, so they constantly need to replenish the suites.

Wish List

- | | | |
|------------------------------|-----------------------|-----------------------|
| ❖ Kitchen or bathroom linens | ❖ Movies | ❖ Non-perishable food |
| ❖ Clothing | ❖ Blankets | |
| ❖ Art and craft supplies | ❖ Toys (for all ages) | |
| | ❖ Reading material | |

Manitoba House

The dream for this drop in began over in 1992 while the dreamer watched two young boys try to get into their house after school one day. No one was home so they got angry, kicked the door a few times, swore and took off somewhere. What was birthed that day was a desire to provide a safe place for kids. Children between the ages of 6-12 are targeted. In 1998 a condemned boarded up building became available.

Wish List

- | | | |
|-----------------------|-----------------------------------|--------------------------|
| ❖ Any kind of markers | ❖ Paint to mark on windows, other | types of washable paints |
|-----------------------|-----------------------------------|--------------------------|

- | | | |
|-----------------------------------|---|--|
| ❖ Smocks | ❖ Face masks (like apricot scrub or mud mask) | ❖ Kid's recipe books |
| ❖ Glitter pens | | ❖ Kid's DVD's |
| ❖ Beads | ❖ Storage containers | ❖ Kid's CD's |
| ❖ Construction paper | ❖ Knitting needles | ❖ Boxes of granola bars |
| ❖ Drawing paper | ❖ Yarn | ❖ Craft foam |
| ❖ Sidewalk chalk | ❖ Cement, molds or kits for making mosaics | ❖ Computer games (preferably learning games) |
| ❖ Hemp | ❖ Sewing machine | |
| ❖ Kids soap in pump bottles | ❖ Popsicle sticks | |
| ❖ Underwear for girls (ages 5-12) | | |

Good Grooming Kits/Ronald McDonald House

The grooming kits should consist of the following items in a Ziploc bag, labeled "Compliments of Girl Guides"

- | | | |
|--------------|--------|-----------|
| ❖ Toothbrush | ❖ Comb | ❖ Shampoo |
| ❖ Toothpaste | ❖ Soap | |

ALL ITEMS MUST BE NEW. Please do not take them directly to the hospital. Individual items will also be accepted to fill more kits and for donations to Ronald McDonald House.

Craft Kits/Ronald McDonald House

Kits should be self-contained in a Ziploc bag and have the following included:

- | | | |
|--|-----------------------------|--|
| ❖ A card with "compliments of _____" (fill in your unit name). | ❖ Easy to read instructions | ❖ All the pieces necessary to make the craft |
|--|-----------------------------|--|

Ronald McDonald House

Ronald McDonald House provides an inexpensive home for parents and their children to stay in while their children undergo treatment for illness at the Children's Hospital. A craft kit can help lighten up a child's life after a week of tests and anxiety. Kits should be self-contained in a Ziploc bag with the instructions and labeled "Compliments of _____" (fill in your Unit name). Or you can collect some items from their wish list. ALL ITEMS MUST BE NEW.

Recreational items

- ❖ Movie passes
- ❖ PlayStation games and memory cards
- ❖ Xbox games
- ❖ New board games

Office Supplies

- ❖ 8.5x11 white copy papers

Household supplies

- ❖ Fabric softener sheets
- ❖ Garbage bags (small white kitchen and large green)
- ❖ Batteries (AAA, AA, C, D and 9 volt)

- ❖ New white face clothes, hand towels, bath towels and terrycloth floor mats
- ❖ New washable standard size pillows

Pantry/Kitchen items

- ❖ Canned goods (soups, stews, tuna, salmon)
- ❖ Kraft dinner
- ❖ Cheerios, corn flakes
- ❖ Pasta, rice
- ❖ Cake mixes
- ❖ Frozen dinners
- ❖ Condiments (ketchup, mustard, relish,

BBQ sauce, salt, pepper and cooking oil)

- ❖ Sugar
- ❖ Flour
- ❖ Plastic wrap
- ❖ Tin foil
- ❖ 10 ounce glasses
- ❖ Grocery store certificates
- ❖ Wooden spoons,
- ❖ Sharp knives
- ❖ Potholders
- ❖ SOS pads
- ❖ Disposable gloves

Christine Melnick Books

Share the Magic; donate a new or gently used book to Christine Melnick's Share the Magic Program. Christine Melnick is a member of the Manitoba Legislature and a huge supporter of Girl Guides of Canada, she collects new and gently used books to create and stock libraries for children and families where they may not have easy access to a local community library. The books can be dropped off at the Provincial office and will be forwarded to Christine's office.