

# Iowa Society DAR: Service to America from Home

## Collect and Donate Things for Your Community:

If you look around your community, you'll probably find at least a few places that accept donations -- like food pantries, family shelters, and schools, just to name a few. Here's a super comprehensive guide on [places that accept donations](#).

<https://greatnonprofits.org/state/iowa>. Log into each nonprofit separate from this site. It is wanting financial donations only. Many animal rescue, youth programs. Cautionary notes on some — may not be in good standing.

1. Collect and donate school supplies.  
Contact /call a school in your area and see what they need. Special needs  
<https://www.greatschools.org/schools/districts/iowa/IA/>
2. [Collect and donate backpacks](#). Do something.
3. Collect grocery coupons for local food pantries to help them with costs.
4. Collect and donate non-perishable food items.
5. Collect unused makeup to donate to domestic violence shelters.
6. [Collect candy](#) to send to deployed military service members who can't be home to celebrate.
7. Donate or recycle unwanted clothes and textiles to support vulnerable populations and protect the planet.

## Do Things for Your Community:

Some of these take a few minutes, and others a bit longer, but they all help out in some way. Especially try pitching in to do tasks for neighbors who can't do them themselves, like folks who are ill, elderly or busy with work or childcare.

1. Walk kids home from school. Must register with schools. May require background check.
2. Rake leaves for an elderly neighbor.
3. Offer dog-walking services.
4. Clean up cigarette butts on the ground.
5. If you know another language, be a translator at parent-teacher conferences.
6. Babysit during PTA meetings. Check with schools for guidance.

7. Foster a shelter animal.
8. Donate blood.
9. Contact your local, state and national leaders about local issues.

## **Make Things For Your Community:**

There's something special about receiving a handmade gift, and we're sure there are plenty of people and places that would really appreciate it. Make and send items to folks at elderly care facilities, family shelters, or hospitals to make their days a little brighter.

1. Knit scarves or hats for families in shelters.
2. Bake cookies and snacks for food pantries. Check before you bake for guidance.
3. Write letters to seniors in care facilities.
4. Make quilts or blankets for kids in hospitals. Check before you make for guidance.
5. Build birdhouses for your neighbors.
6. Make Ramadan or Eid cards for your local mosque.
7. Design a community mural. Check with local arts centers.
8. Put together first aid kits for local shelters. Check before you make for guidance.
9. Make birthday cards for kids in homeless shelters.
10. Call a fellow DAR member who can't get to meetings to check in and catch up.

## **Plarn mats/bed roll for homeless/unhoused**

[https://www.youtube.com/watch?v=yr\\_WHW\\_tGSE](https://www.youtube.com/watch?v=yr_WHW_tGSE)

Uses 500 to 600 plastic bags and a Q crochet hook. Collect, cut into "thread". Crochet, 2.5 - 3 feet wide x 6 ft. 44 chain

## **Support Active Military**

DAR Project Patriot Committee coordinates national level support to six medical centers.

<https://www.dar.org/members/committees/service-committees/dar-project-patriot/what-you-can-do>