DIY Volunteer Opportunity

Nourishment Kits – Fall 2026

Drop-Off Dates

Tuesday, December 1st 11am–2pm
Monday, December 7th 11am–2pm
Friday, December 18th 11am–2pm

Location

RBHA
107 S. 5th Street
Richmond, VA 23219

Why It Matters

RBHA serves more than **13,000 children and adults each year** through mental health, substance use, developmental, and crisis services.

The people we serve are some of the most vulnerable in our community — children and families navigating behavioral health challenges, individuals working toward recovery, people experiencing homelessness or housing instability, and others facing financial hardship and difficult choices about how to meet their most basic needs.

Nearly half (46.2%) of individuals surveyed at RBHA reported sometimes skipping meals because they did not have enough money for food.

For some, having something to eat is not a given. Nourishment Kits provide immediate, practical support — a snack for a child, food to take with medication, something to eat between appointments, or food for someone who may otherwise go without.

A few simple items can meet an immediate need — and remind someone that their community cares.

Pack Kindness. Share Hope.

Food for today. Encouragement for tomorrow.

RBHF RICHMOND BEHAVIORAL HEALTH FOUNDATION

What to Include

Each volunteer is asked to provide a minimum of 10 complete kits.

Each kit should contain:

- 1 one-gallon zip-top bag
- Applesauce — single-serving container or pouch
- Pretzels or Goldfish — single-serving bag
- Cheese crackers — single package
- Soft granola bar or Nutri-Grain bar
- Individual-serving cereal box
- Fruit snacks
- Microwavable soup OR Mac & Cheese
- **1 handwritten note of encouragement**

**Contributions above the minimum are welcome; however, we are only able to document up to three service hours per DIY project.*

Make It Meaningful

As you assemble your kits, take a few minutes to talk about why this project matters.

Consider:

- What might it mean to worry about where your next meal will come from?
- How can meeting a basic need help someone focus on other parts of their life?
- Why might a personal note matter to someone we've never met?
- What other ways can we care for people in our community?

While registration is not required, it does help us plan for drop-off days and track volunteer participation.

CLICK HERE

to register

Your Note Matters

Please include a handwritten note in every kit.

The food meets an immediate need. Your note adds something equally important: a personal reminder that someone took the time to think about the person receiving it.

Keep messages brief, positive, and universal. For example:

- Wishing you strength and a good day ahead.
- Sending encouragement your way.
- Someone in your community is thinking of you.

How It Works

1. Gather Supplies
Purchase or collect enough items to assemble at least ten complete kits.

2. Pack Your Kits
Place one of each food item in each bag and add a handwritten note of encouragement.

3. Drop Them Off
Bring your completed kits to RBHA on one of the designated drop-off dates.