

Service Ideas for Utah County

1. **Welcome Baby** – (early intervention for parents of newborns)
United Way of Utah County, 148 N. 100 W., Provo 84601; Hours: M-F 8:30am-5pm, welcomebabyuc.org, 801-691-5320
Contact: Stephanie or Allison
 - a. DO – Do home visits to families with newborns
 - b. COLLECT – diapers
 - c. MAKE – baby blankets & burp cloths, booties, hairbands

2. **Community Action Services & Food Bank – Provo** – (food for needy)
815 S. Freedom Blvd., Provo 84601, Hours: M-F, 8am-4:30pm, communityactionuc.org, 801-373-8200,
Contact: Dave Smith, 801-692-5021, 691-5237??
 - a. DO – Sort canned food, assemble kits, assist families
 - b. COLLECT – Grocery cards, nonperishable food
 - c. MAKE – Birthday kits – bags with cake mix, frosting, candles, balloons, treats

3. **Habitat for Humanity of Utah County** – (housing for needy)
340 S. Orem Blvd., Orem, 84058, Hours: M-F 9am-5pm, habitatuc.org, 801-344-8527
Contact: Leeann
 - a. DO – Help building homes, helping volunteers, Cleaning
 - b. COLLECT – cases of water bottles, cleaning supplies for new homeowners
 - c. MAKE – Quilts, Welcome Home kits

4. **House of Hope** (support for mothers, pregnant women, substance abuse)
1726 Buckley Ln., Provo 84606, Hours: 24/7, houseofhopeut.org, 801-375-9222
Contact: Lacy Larson
 - a. DO – painting at facilities
 - b. COLLECT – Board books for little ones, storybooks ages 3-6, Parenting books, paper, binders, diapers, wipes
 - c. MAKE – sewing projects (dolls, drawstring bags, nap blankets, bean bags), blankets for kids, backpacks/tote bags for moms

5. **Kids on the Move** (early intervention, autism)
475 W. 260 N., Orem 84057, Hours: M-F 8am-5:30pm, kotm.org, 801-221-9930
Contact: Sydnee Ochoa
 - a. DO - Childcare
 - b. COLLECT – Diapers, gently used or new toys, school supplies
 - c. MAKE – toys, sewing projects, Christmas gifts

6. **American Red Cross** (disaster and emergency prep services)
865 N. Freedom Blvd., Provo 84604, Hours: M-F 8am-5pm,
redcross.org/Utah, 801-373-8580, press "6"
Contact: Teresa
 - a. DO – distribute information to homes, install smoke alarms
 - b. COLLECT – blankets, comfort kit supplies (see website)
 - c. MAKE – assemble comfort kits

7. **South Franklin Community Center** (educational programs for families)
770 S. 700 W., Provo 84601, Hours: varies, southfranklincc.org,
801-374-2588
Contact: Ericka or Sandra
 - a. DO – help with classes – dance, music, art, summer camp, computer
 - b. COLLECT – children’s book, craft supplies, school supplies
 - c. MAKE – book bags, lap blankets

8. **Provo Vet Center** (assistance for veterans)
1807 N. 1120 W, Provo 84604, Hours: M-F 8am-4:30pm,
vetcenter.va.gov, 801-377-1117
Contact: Brent Duncan
 - a. DO – Assist with major events
 - b. COLLECT – blankets, books (uplifting), magazines
 - c. MAKE – snacks/treats, quillows

9. **Fire Department** (check your local city/community for point of contact)
 - a. DO – make dinner/offer to clean firehouse
 - b. COLLECT – stuffed animals & kids blankets
 - c. MAKE – treats, quilts/afghans for firefighters beds, neck coolers

10. **Boys and Girls Club** (Programs for children)
1060 E. 150 N., Provo 84606, Hours: Summer M-F 1-6pm, Winter: M-
Th 2:30-6pm, F 1:30pm-6pm, bgcutah.org, 801-371-6247
Contact: Garrett
 - a. DO – volunteer at the club to help kids, help with major events
 - b. COLLECT – children and youth books, Christmas gifts
 - c. MAKE – book bags, kids tote backpacks

11. **Friends in Need** (animal rescue and sanctuary)
5194 N. Lake Mtn. Rd., Eagle Mountain, UT 84005, All days 9am-7pm,
friends-in-need.org, 801-891-2622
Contact: Karen - kpo@digis.net
 - a. DO – Chop fruits/veggies, help build shelters
 - b. COLLECT – Natural Balance Dog Food (at Petco), pine shavings
 - c. MAKE – n/a

12. **Meals on Wheels** (delivering meals to seniors and shut-ins)

Mountainland Aging and Family Services
586 E. 800 N., Orem, UT 84097, Hours: M-T 7:30am-5:30pm,
Mountainland.org/volunteermow, 801-229-3821

Contact: Stephanie Benson

- a. DO – deliver meals to homebound for one hour once a week
- b. COLLECT – n/a
- c. MAKE – birthday and/or holiday cards for seniors, decorate place mats

For more volunteer opportunities, contact the United Way of Utah County:

<https://www.unitedwayuc.org/volunteer/group-service-opportunities>

This list is distributed by Merrilee Boyack as a part of ***Merrilee's List*** – a networking group for community involvement.

To become part of Merrilee's List – send an email to maboyack@gmail.com

Or Friend her on Facebook/merrboyack

To access the Community Service List – go to MerrileeBoyack.com, click on Service

To have Merrilee come and speak to your group, contact Merrilee at 801-558-4656 or email at maboyack@gmail.com. Merrilee speaks to thousands all over the country and can inspire your group while she makes you laugh. She is the author of “Standing Up in a Sit-Down World”, “52 Weeks of Fun Family Service” and many more.