

# Fostering Compassion

## 5 Ways For Children to Help Their Neighbors in Need



Blanchet House of Hospitality in Portland, OR, is a 501(c)3 nonprofit organization with a mission to alleviate suffering, end homelessness, and restore human dignity through food, clothing, and shelter programs.

## TEACHING CHILDREN THE VALUE OF COMMUNITY SERVICE

is more vital than ever. With the increase in homelessness across America, often due to a lack of affordable housing, children are witnessing firsthand the struggles faced by those in need. While explaining the complex reasons behind homelessness can be challenging, simple acts of kindness can bring hope and relief. Engaging in community service fosters empathy and understanding, and teaches valuable life skills such as teamwork, problem-solving, and the importance of giving back.



## WHY?

### DEVELOP EMPATHY

When kids participate in helping others, they begin to understand the challenges faced by those less fortunate than themselves. Community service not only benefits the recipients but also has a profound impact on the children themselves. It instills empathy and gratitude while fostering a deeper connection to their community.



### CULTIVATE GRATITUDE

When children understand the challenges faced by others, they develop a new sense of gratitude for what they have. This gratitude can lead to a more positive and contented outlook on life.



### PROMOTE CIVIC ENGAGEMENT

Engaging in community service from a young age makes children more likely to become active citizens as adults. They understand the importance of participating in their communities and advocating for positive change. Early exposure to volunteer service can set the stage for a lifetime of civic involvement.

## 5 Ways to Get Involved

If you live outside of the Portland metro area please check with your local homeless shelter or charity food provider to ask if you can help out in one of the following ways.



### 1. Make Sack Lunches

*A good activity for all ages.*

Pack a portable meal! At Blanchet House, we offer sack lunches for our guests to take with them. Oregon's food laws protect donors to encourage food sharing and prevent waste of good food.

In the bag, we recommend including one:

- **SANDWICH** PB&J or other type of deli sandwich.
- **FRUIT** Fruit cup or cut fruit. Many people have dental challenges.
- **SNACK** Chips, string cheese, cookie, granola bar or other nonperishable snacks.

### BONUS POINTS

Decorate the lunch bags with colorful pictures or positive messages of hope and encouragement.

Find more information at [BlanchetHouse.org/sack-lunches](https://BlanchetHouse.org/sack-lunches).

## 2. Collect Clothing

*A good activity for all ages.*

Keeping your clothes clean when you're homeless is a struggle. At Blanchet House, the most requested item is a pair of socks.

**SOCK DRIVE** Put out a collection bin in your community.

- Only donate items that respect human dignity—no dirty, mismatched, or damaged items.
- New and gently used adult-sized socks are most needed.
- Inform your local shelter that you're collecting socks.



## 4. Collect Refundable Cans

*A good activity for all ages.*

Blanchet House is an Oregon Bottle Drop partner.

- Pick up a coded blue bag.
- Collect empty OR-10 bottles and cans.
- Drop off the bag at a Bottle Drop Give location.

### Or Host a Fundraiser

Nonprofit organizations need financial support to pay for services, programs, supplies, staff, and facilities.

\$25 = 16 hot meals     \$1,000 = 20 shelter nights

## 3. Make Care Kits

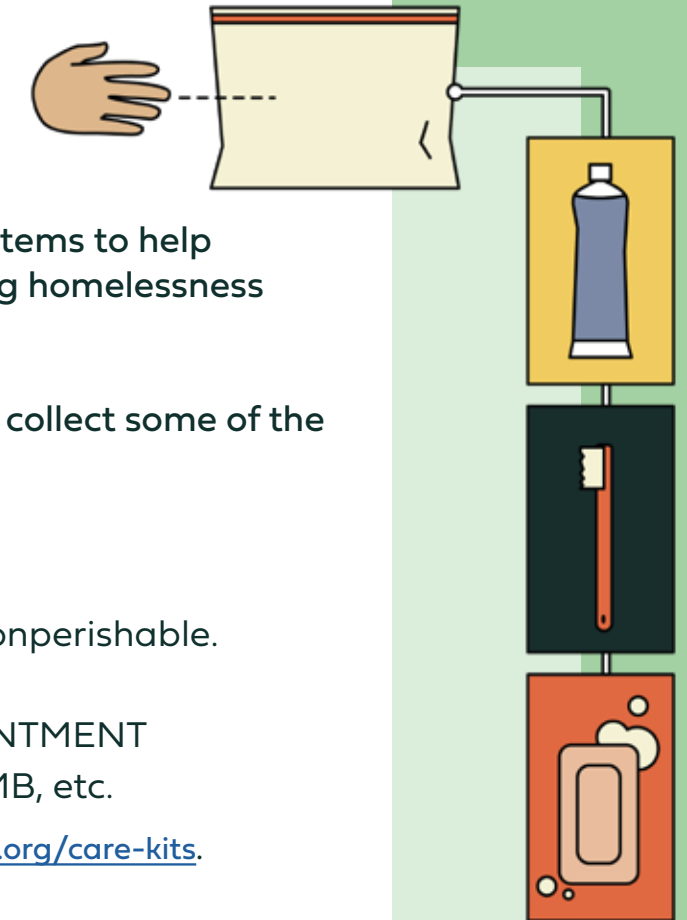
*A good activity for all ages.*

Care kits are bags filled with basic items to help provide relief to people experiencing homelessness or staying in a shelter.

We suggest children host a drive to collect some of the following items:

- TOOTHBRUSH & TOOTHPASTE
- BATH WIPES or SOAP
- SNACKS Granola bar or other nonperishable.
- SOCKS or GLOVES
- BAND AIDS and ANTIBIOTIC OINTMENT
- LIP BALM, NAIL CLIPPERS, COMB, etc.

Find more information at [BlanchetHouse.org/care-kits](https://BlanchetHouse.org/care-kits).



## 5. Volunteer

*An activity for teens ages 14 years old and up.*

Teens can volunteer on-site at Blanchet House to plate meals in the cafe or organize the clothing closet. The cafe can be challenging for younger kids, so you must be 14-years-old to volunteer.

Sign Up To:

- Serve or plate meals.
- Organize and give out clothing.

Questions? Contact us at [info@blanchethouse.org](mailto:info@blanchethouse.org).

