

IOWA

University of Iowa Center for Advancement

HAWKEYES HELPING HAWKEYES: VOLUNTEER GUIDEBOOK

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HAWKEYES HELPING HAWKEYES

Hawkeyes Helping Hawkeyes is a volunteer challenge that celebrates service, strengthens our Hawkeye community, and inspires alumni and friends to make a difference wherever they live.

Whether you're volunteering on your own, with family and friends, or through an Iowa Volunteer Network, we invite you to help showcase the collective impact of Hawkeyes Helping Hawkeyes.

VOLUNTEER PROJECT EXAMPLES

Volunteer activities of all sizes make an impact. Here are three ways to get involved:

- Donate Blood: Abbott and the Big Ten®
- Donate Items to the Food Pantry at Iowa
- Support UI Health Care patients and families through an in-kind hospital donation
- Participate in another volunteer opportunity that gives back to the University of Iowa community.

Don't forget! After completing any volunteer activity, submit your participation through the Hawkeyes Helping Hawkeyes reporting form- [Individual Reporting Form](#) or [Group Reporting Form](#)- so we can recognize and celebrate the impact of our Hawkeye community.

DONATE BLOOD

ABBOTT AND THE BIG TEN®

Abbott and the Big Ten® hosts an annual competition to help address current blood shortages. They turn the passion of fans, students, and alumni into blood donations that help strengthen the nation's blood supply.

Goal: Support your favorite Big Ten® school by donating blood at any blood drive or blood center in the U.S.

Impact: Every donation can help save up to three lives while bringing your school one step closer to earning \$1 million to advance student or community health.

Website: <https://bigten.org/abbott/iowa/>

GROUP ACTIVITY

Interested in organizing this volunteer activity as a group? Below are some steps to help you organize this as a group activity.

Steps:

- Identify a blood donation center or community blood drive

- Invite friends, family, coworkers, fellow alumni, or Iowa Volunteer Network members to participate.
- Reserve a block of appointment times if available.
- Encourage participants to wear Hawkeye gear on donation day.
- Donate individually or as a group during the campaign period.
- Take a group photo (if permitted by the donation center).
- Submit your donation on behalf of the University of Iowa at bigten.org/abbott/iowa/ or by texting GIVEBLOOD to 222688 (ABBOTT)
- Check your email to claim your free T-shirt* and show off your Hawkeye pride.
- Bonus Idea: Challenge another Iowa Volunteer Network or alumni group to see which group can recruit the most donors during the campaign period.

INDIVIDUAL ACTIVITY

Below are steps to help you complete this volunteer activity as an individual.

Steps:

- Find a local blood donation center or blood drive in your community.
- Confirm eligibility requirements and schedule an appointment.
- Attend your appointment and donate blood.
- Take a photo (if permitted by the donation center) or save your donation confirmation.
- Submit your donation for your Big Ten® school at bigten.org/abbott/iowa/ or by texting GIVEBLOOD to 222688 (ABBOTT)
- Check your email to claim your free T-shirt* and show off your team pride

Share Your Impact

- Share your impact through the Hawkeyes Helping Hawkeyes reporting form.
 - [Individual Reporting Form](#)
 - [Group Reporting Form](#)

DONATE ITEMS TO THE FOOD PANTRY AT IOWA

FOOD PANTRY AT IOWA

The Food Pantry at Iowa is a student organization offering free groceries and toiletries to the University of Iowa students, faculty, and staff. Established in Fall 2016 by a group of undergraduate students, the Food Pantry at Iowa helps address food insecurity among University of Iowa students, faculty, and staff.

Goal: Collect items for the Food Pantry at Iowa.

Impact: Support individuals experiencing food insecurity by collecting food and hygiene items for the Food Pantry at Iowa.

Website: <https://foodpantry.org.uiowa.edu/>

VOLUNTEER ACTIVITY

Steps

- Check the Food Pantry Donation website to review its current most-needed food and non-food items.
 - Website: <https://foodpantry.org.uiowa.edu/donate-pantry#accordion-item-311-1>
- Decide how you will be donating

Donating to the Pantry in Person

- Purchase the requested items during your next shopping trip.
- Drop off closed, non-perishable food and hygiene items at the cart in the front of the Food Pantry on the ground floor of the IMU.
- If you are dropping off perishable goods, please email studorg-foodpantry@uiowa.edu to make drop-off arrangements.

Donating through Amazon

- The Food Pantry also accepts donations via our [Amazon Wish List](#)!
- Items purchased through the Amazon Wish List are shipped directly to the Food Pantry at Iowa.

Share Your Impact

- Share your impact through the Hawkeyes Helping Hawkeyes reporting form.
 - [Individual Reporting Form](#)
 - [Group Reporting Form](#)

DONATE TO UI HEALTH CARE

UI HEALTH CARE VOLUNTEER SERVICES

Donations received through Volunteer Services help make a meaningful difference in the lives of patients and their families at UI Health Care. There are many ways in which you can help the patients and families at UI Health Care!

Goal: Support patients and families at UI Health Care through donations and service projects.

Impact: Make a difference in the lives of patients and their families at UI Health Care.

Websites:

- <https://uihc.org/special-projects-volunteers>
- <https://uihc.org/donations>

VOLUNTEER ACTIVITY

Steps

- Check out the Donations website to review the various projects and ways to help patients and families at UI Health Care.
 - Website: <https://uihc.org/donations>
- Decide what items you would like to donate.
- Review any guidelines they may have

Donating in Person: Special Projects for Volunteers

- Fleece tie blankets for older kids, teens, and adults
- Cardiac pillows for adults (Pattern on the Special Projects page)
- Put together toiletry kits (Shampoo and conditioners in travel sizes)
- Have a clothing drive for the Rossi Clothing Closet (Clothing basics for adults and older teens)
- Gift bags that are reusable in fun patterns and designs

Donating through Amazon

- Browse their Amazon wish lists for items that are popular with patients and families.
- When you order online, your gifts will be delivered directly to UI Health Care.
- Please include donor information for us to acknowledge your gift.

Share Your Impact

- Share your impact through the Hawkeyes Helping Hawkeyes reporting form.
 - [Individual Reporting Form](#)
 - [Group Reporting Form](#)

OTHER VOLUNTEER OPPORTUNITIES

There are many ways to support the University of Iowa community through service. Consider connecting with the Fraternity and Sorority Life community, IVETS, Dance Marathon, or other university departments and organizations to learn about current volunteer and philanthropic opportunities. Any volunteer activity that supports University of Iowa students, faculty, staff, patients, alumni, or programs can be counted as part of Hawkeyes Helping Hawkeyes.

Goal: Continue supporting the University of Iowa community through volunteer service.

Impact: Strengthen the Hawkeye community while making a positive difference in the lives of others.

Share Your Impact

- Share your impact through the Hawkeyes Helping Hawkeyes reporting form.
 - [Individual Reporting Form](#)
 - [Group Reporting Form](#)

THANK YOU!

Together, we can demonstrate the power of the Hawkeye community and the meaningful difference we make when we give back. Thank you for representing the University of Iowa through service.

Go Hawks!

Learn more about Hawkeyes Give Back and additional volunteer opportunities:

<https://www.foriowa.org/hgb/>