

GRATITUDE GIFTS

What is it?

Organize, purchase or solicit in-kind donations for gratitude gifts and meals to send to healthcare providers, nurses, doctors, respiratory therapists, child life specialists, hospitality workers, lactation consultants, etc. who are serving moms, babies and families.

Be sure to consider night shifts in addition to dayshifts.

HOW YOU CAN DO IT:

- **Get connected:** Reach out to March of Dimes staff in your area or by reaching out to the contact below to let us know you're interested in partnering to support local healthcare providers. We'll help connect you with a local hospital accepting donations and give you some insight on what they've requested.
- **Make a plan:** Develop a plan (what are you planning to do, what is your goal, who needs a gratitude gift, are there restaurants that support March of Dimes that can be ordered from to provide a delivered meal and support to restaurants that are struggling as well)? Does this site have a meal train set up already? Who else can I engage to help cover the cost of meals or gifts? Be sure to follow guidance on what the local site can accept.
- **Get Prepared:** Reach out to coordinate meal delivery, purchase items or secure donations/gift cards as needed. Sign a note of gratitude to the gift if applicable. See below for a template.
- **Celebrate:** Send thank you emails/notes to the people that helped.
- **Share & Be counted:** Post on social media and tag @marchofdimes and let us know you've taken this action by logging your hours and activity. Log into your volunteer profile at: GetInvolved.MarchofDimes.org/registrations.

Why is it important?

We've known it all along that the nurses, doctors, and healthcare providers are heroes and each one of them is going above and beyond for families. Let's continue to support nurses, doctors and healthcare providers, by showing gratitude and providing a little extra support to help them keep going during this uncertain time.

GIFT IDEAS

- Gift cards for local restaurants, coffee shops, etc. (that are open).
- Have pizza delivered or another meal (preferably from a MOD supporting restaurant).
- Send healthy snacks.
- Quality hand lotion (no scent).
- Call to say thank you & check up on those relationships we do hold.

EXPRESSIONS OF GRATITUDE

- Two words: Endless gratitude. Thank you.
- You score phenomenally high in the kind-o-meter. Seriously, I checked.
- You are a lifesaver. Literally.



**A gift
for you.**



FROM:

**HEALTHY
MOMS.
STRONG
BABIES.**



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