

Good+Foundation

Youth Service Opportunities



Did You Know?

- 1 out of 4 children in NYC face hunger.
- 1 out of 5 children in LA experience poverty.
- Nearly 15 million families in the US are led by a single mother and more likely to experience poverty than a two-parent household.
- 1 out of 3 families in the US experience diaper need.



What We Do

It takes a lot of stuff to raise happy, healthy and safe children. For parents in need, this is especially hard to do. Good+Foundation is helping families in NYC and LA by pairing much-needed baby and children's items with classes and training to help them achieve economic security and reach their goals.

Why?

- The cost of just one pack of diapers is the equivalent to **2 hours** of work at the federal minimum wage.
- On average, a baby can go through between **2,000 and 2,200** diapers in their first year.
- In the wake of the COVID-19 outbreak, over **90 percent** of Good+ families lost their jobs and their main sources of income.



After paying for food and rent, essential child care items can be out of reach for many families.

When diapers and other children's items are provided by Good+, parents can focus on other parenting tasks and build the skills necessary to help their families achieve greater financial stability.

Who We Work With

Good+Foundation distributes essential goods to low-income fathers, mothers, and caregivers. Of the families we serve, many live below the poverty line, face inadequate or unstable housing or homelessness, encounter transportation challenges, or have experienced food insecurity.

Good+Foundation partners with 75 social service organizations like hospitals, Pre-K programs, and community centers in NYC and LA that use baby and children's items from Good+ as incentives for parents enrolled in classes such as co-parenting, employment assistance, and financial literacy.

Together, the goods paired with the high-quality classes and training will make a lasting difference for families in underserved communities.

How Can You Help?

Volunteers are essential to Good+Foundation's work and help us distribute critical items to families in a timely manner. Our virtual experiences encourage leadership skills, education, and giving back to the community.

We have developed fun, easy, family-friendly activities you can do from home. And, most importantly, these projects will help us provide essential items to Good+ families. If you are a student who needs service hours for school, please follow the steps below.

1. [Register](#) yourself as a virtual volunteer
2. Select one of the projects on the next page
3. Once your project is complete, ship it to a Good+Foundation location (see Registration Form for shipping information)
4. Complete the [Youth Service Report](#) where you will write about your project, and the hours spent working on it.



If you have any questions about our youth service opportunities, please reach out to Anastasia Plavnicki, Volunteer Coordinator, at Anastasia@goodplusfoundation.org

Youth Service Opportunities

Please select an opportunity below to support Good+Foundation. Make sure to track hours spent volunteering. Once your project is complete, the final step to obtain service hours is to complete the [Youth Service Report](#).

Virtual Volunteering: Doing Good+ From Home

Participate in a variety of projects that you can easily do from home. Each has individual instructions and supply lists. These items will help us fill a critical need for Good+ families during an especially challenging time.

Please see instructions for each project below:

- [No-Sew Blanket Project](#)
- [Learn to Knit Project](#)
- [Yarn-Crafted Gift Project: Skills-Based](#)
- [School Supply Kits](#)
- [Baby Bath Kits](#)
- [Health + Hygiene Kits](#)

Host a Product Drive

Get busy coordinating your friends, neighbors, or school and host a virtual collection drive for new children's products. Pick a theme such as school supplies, winter coats, diapers, or other children's items and we can help coordinate through a customized online Amazon registry.

Host Your Own Kit Project

After collecting new children's goods through a drive or by purchasing these items yourself, we can send you instructions on how to organize a volunteer project of your own with some of your friends or classmates. Please email for project support.

Please send emails to Anastasia Plavnick, Volunteer Coordinator, at Anastasia@goodplusfoundation.org

Youth Service Opportunities Continued

Donate on Your Birthday!

Create a birthday campaign on our website or ask friends and family to contribute to a virtual drive in lieu of gifts. Please email for project support.

Donate Part of Your Allowance

Consider setting aside a small portion of your allowance. Once you've saved up, donate the proceeds directly to Good+Foundation or purchase a needed item from a registry. Please email for project support.

An Original Idea of Your Own

If you have a project outside of these ideas, please email for project approval and support.



Please send emails to Anastasia Plavnick, Volunteer Coordinator, at Anastasia@goodplusfoundation.org