



MIAMI DIAPER BANK

Community Service



Workbook





Hi there, Welcome to the Team!

We are **Miami Diaper Bank**, a local nonprofit organization that helps disadvantaged children get the clean diapers they need to stay dry and healthy. We provide free diapers to low-income families, homeless parents, and foster children throughout South Florida.

This workbook is designed to help you plan, organize, and execute a Community Service Project that you're passionate about, while bringing essential resources to our community.

Our motto at Miami Diaper Bank is: **"Small Change Affects Big Change,"** because everything we do - no matter how big or small - helps to improve the lives of children and families in our community.

Let's Get Started!



Why Diapers Are Essential

Organizing a Community Service Project to benefit Miami Diaper Bank is very important work!

By partnering with us to advance our mission, you will help:

- A homeless family trying to get back on their feet;
- A child in foster care;
- A single mom who is trying to finish her education;
- A single father who works a minimum wage job;
- A parent who just lost their job and is trying to find work; and,
- So many more families who all have one thing in common: the desire to give their children the best life they can and provide them with the basic essentials they need and deserve.

- 01** A baby needs an average of 8-12 diapers every day, but diapers are expensive. If parents can't afford diapers, then they have to keep their child in a dirty diaper all day long or even reuse them.
- 02** Dirty diapers are more than just uncomfortable, they can cause babies to have painful rashes and even develop more serious health issues such as kidney damage.
- 03** Government assistance programs such as food stamps and WIC don't cover diapers, so struggling families turn to organizations like Miami Diaper Bank to get clean diapers for their children.
- 04** Most daycare centers in Florida require parents to bring diapers for their child to attend. If parents can't afford diapers, then it's difficult to get steady work or attend school.

Diaper Need: /'dī(ə)pər, nēd/

Diaper need is the lack of a sufficient supply of diapers to keep an infant or child clean, dry, and healthy.

Now that you know more about the issue of Diaper Need, you can understand why Miami Diaper Bank is a critical resource for families who are struggling to make ends meet.

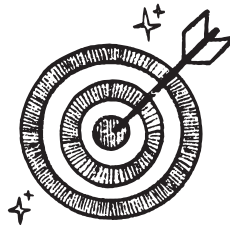
But first, Steps to Success

01



Complete the Project Brainstorm section in this workbook and decide on the Community Service Project you will be organizing to benefit Miami Diaper Bank.

02



Set a goal. How many diapers and baby essentials will you collect or how much money will you raise? If you know your goal, then you can better plan how to reach it.

03



Create a timeline for your project and dedicate community service hours to make it a reality.

04



Show your work. Collect, track and count your hours to make sure your project will be a success. You may also need this information if you're fulfilling a community service requirement.

05



When you have completed your project, call our office at 305-926-3815 or email at info@miamidiaperbank.com to arrange the donation.

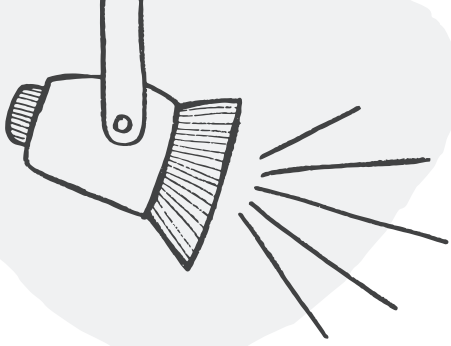
06



Miami Diaper Bank will make sure the diapers you collect or the dollars you raise go to families who need help the most in our community.

Did you know?

1 in 3 American families struggle to buy diapers for their babies



Service Spotlight



Meet Jonah!

Jonah was just 13 years old when he co-founded Miami Diaper Bank. Jonah heard a story on the radio about a diaper bank in another state and was inspired to organize a community service project to collect diapers to donate to families who lived in Miami. With the help of his friends, family, and classmates, Jonah collected more than 1,000 diapers! After the community service project was over, Jonah tried to find a place to donate the diapers and was

surprised to learn there wasn't a diaper bank in Miami. Jonah told his parents and sister about his plan to start the first-ever diaper bank in his community and with their support, he launched Miami Diaper Bank. Now, Miami Diaper Bank helps thousands of families every year get clean diapers for their babies.



⇒ Community Service Project Examples ⇒
Get inspired by these ideas or create your own!



There is no one-size-fits-all approach to giving back and helping others, you have the freedom to organize a Community Service Project that YOU are passionate about!

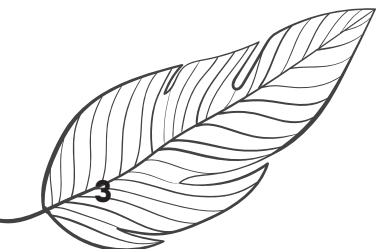
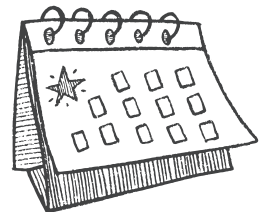
Organize A Diaper Drive

A Diaper Drive is a project where you collect diapers from friends, family, neighbors, and your community. You choose the dates of your diaper drive and set a goal to try to collect as many diapers as possible during that time period.



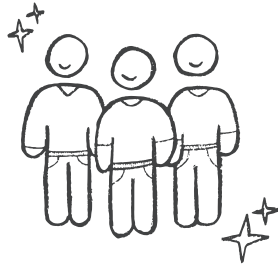
Plan An Event

Planning an event is a great way to raise money for Miami Diaper Bank. Whether it's a school dance, car wash, game night, or even a bake sale, you can donate what you earn from your event and we will use the funds to get diapers to babies in need.



Start a Club Or Organization

Starting a club or organization to be a Diaper Need advocate throughout the year is a great way to launch a long-term project. Get others involved to amplify your efforts by working together as a team.



Plan an Awareness Campaign

Spread awareness about Miami Diaper Bank and Diaper Need by planning a digital, social media, or offline campaign. Create flyers or posts to educate friends and family about our mission and encourage them to get involved with Miami Diaper Bank.



Host an Online Fundraiser

Set a fundraising goal and encourage your network to pledge their support by making a donation. You can use online platforms like Facebook or GoFundMe for your fundraiser and virtually collect donations to benefit Miami Diaper Bank.



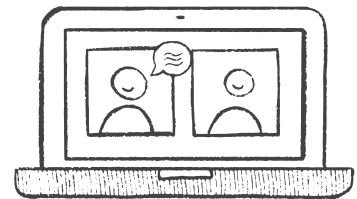
Organize a Holiday Project

Organize a holiday-themed party or event to raise funds or collect diapers. Whether it's making Valentine's Day cards, hosting a Christmas party or even a Father's Day BBQ, holidays are a great way to bring people together for a good cause!



Launch a Virtual Event

Host an event online to reach an even broader network of people in your life! Whether it's a virtual diaper drive through an Amazon Wishlist or a Zoom dance party, hosting a virtual event is a great way to raise funds and collect diaper donations from friends and family near and far.



Donate Your Birthday or Special Event

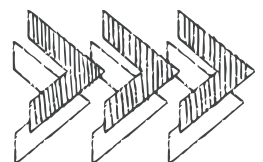
Consider "donating" your birthday party or special event and asking for donations to Miami Diaper Bank in lieu of gifts. Get creative with your invitations and let your friends and family know about your project and why their gift this year is more important than ever!



“Even doing something small is a lot more impactful than doing nothing at all.”

Jonah

Co-Founder, Miami Diaper Bank

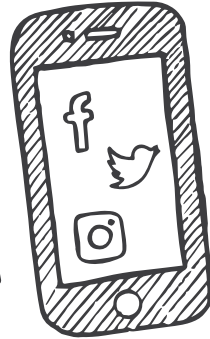


Frequently Asked Questions



Is Miami Diaper Bank a nonprofit?

Yes. Miami Diaper Bank is a registered 501(c)(3) nonprofit organization. All donations to Miami Diaper Bank are tax deductible as permitted by law.



If I have questions about my Community Service Project, who should I contact?

If you have questions about community service requirements for credit, please contact your school or organization. If you have questions about Miami Diaper Bank or fundraising, please visit our website at www.miamidiaperbank.com. If you can't find the answer you're looking for on our website, please contact us via email at info@miamidiaperbank.com.

How do I get my community service hours approved?

Contact Miami Diaper Bank at info@miamidiaperbank.com to get all community service hours approved.

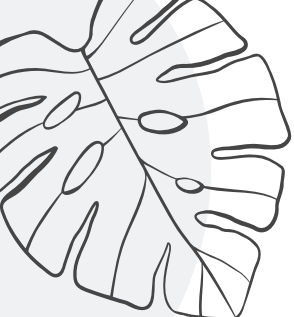
What does Miami Diaper Bank do with diaper donations?

Donated diapers are distributed to low-income and homeless families experiencing Diaper Need, as well as disadvantaged children in the foster care system. Miami Diaper Bank partners with community-based direct service agencies throughout South Florida to distribute diapers and other baby essentials to the families in our community that need them most.

What should I do after I collect diapers for Miami Diaper Bank?

After your Community Service Project has finished, please contact Miami Diaper Bank at diapers@miamidiaperbank.com to coordinate the diaper donation.

For more FAQs, please visit:
www.miamidiaperbank.com



Community Service = Project Brainstorm =



Fill out and complete this section to help you plan and launch your Community Service Project. The planning stage is the most important part of any Community Service Project because it helps make sure you have everything you need to be successful.

Title of the Project: _____

Project Description: What is the purpose of your project? Write a detailed description of your plan and what you will do to achieve the desired results.

Project Goal: How many diapers do you plan to collect or how much money do you plan to fundraise during your project?

Project Start Date: _____

Project End Date: _____

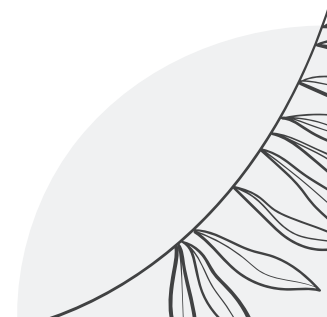
Other Things to Consider:

How will your project help children and families?

Why is your project important to the community?

What do you hope to accomplish with your project?

What do you need to do to make sure your project is a success?

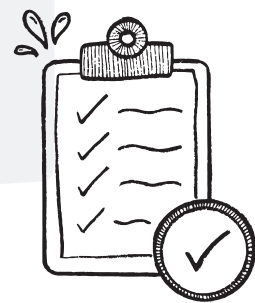


Before You Start...

- ✓ Create a timeline for your project and write a list of everything you need to do to accomplish your goals.
- ✓ Discuss your project with your parents or guardians and your school or organization to get their approval.
- ✓ Check with your school or organization to see if the project will count for your community service requirement or for credit.
- ✓ Check to see if you need to submit your project to your school or organization to get their signed approval before you begin.



Community Service Project ⇒ Launch Checklist ⇒



- Did you write a list of all of the items you need to accomplish the project?
- Did you create a timeline for how long the project will take you to complete?
- Did you write down a list of who you need to help you accomplish the project?
- Did you plan how you are going to spread the word about your project and encourage people to get involved?
- Did you write a list of names of the people you are going to tell about your project?
- Did you ask volunteers to help you with your project, if needed?



Making Your Community Service Project a Success

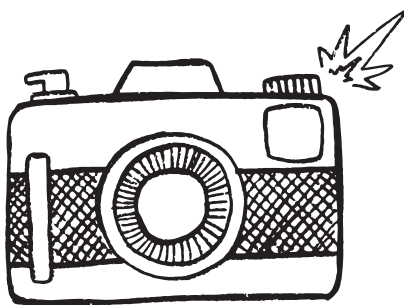


Now that you have completed all of the planning for your project, it's time to launch and dedicate time to making your community service project a success!

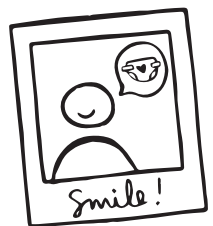
Let's Check In:

How are you feeling right now about the project?

Once you launch the project, it's important to keep the momentum going. Staying active throughout the entire process is the key to making the project a success and reaching your goal!



*Reminders



- ✓ It's important to keep track of the progress of your Community Service Project and fill out your hours chart as you go.
- ✓ Take pictures during your project and capture the memories! We'd love to be kept in the loop, so don't forget to tag us, @miamidiaperbank, if you post about your Community Service Project on social media.

⇒ Spread the Word! ⇒

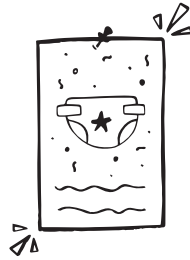
Tips to get the message out about your Community Service Project

01



Call, email, message, or send letters to friends and family.

02



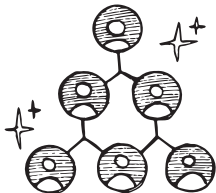
Hang flyers around your school, local organizations, and community.

03



Tell your school, club, gym, and teammates about your project.

04

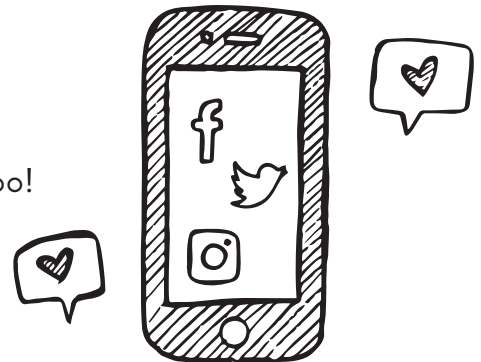


Ask your network to help you spread the word about your project.

05

Post on social media and have your family and friends post, too!

 @miamidiaperbank
 @miamidiaperbank
 @mia_diaperbank
 Miami Diaper Bank



“Alone we can do so little;
together we can do so much.”

Helen Keller



Project Hours Chart



Keep track of your hours, activities and accomplishments during your Community Service Project.

DATE	ACTIVITY	HOURS

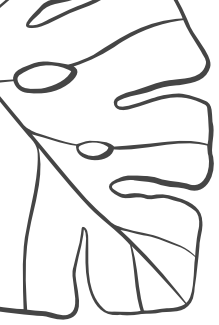
How many diapers did you collect?

How much money did you raise?

How many baby essential items did you collect (diaper cream, baby wipes, bottles, etc.)?

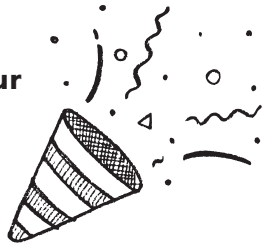


Think about how many children and families you are helping!



≡ Congrats! You Did It! ≡

You've done some really important work and we encourage you to evaluate your project and reflect on what you were able to accomplish for the community.



Here are some questions below to get you started:

What did you learn from organizing this Community Service Project?

What could you have improved about your project?

How do you think the results of your project will impact the community?

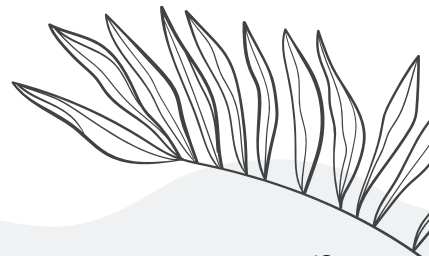
What compliments or positive feedback did you get from friends and family about your project?

What is the one thing you will remember most about your project?

How does volunteering and doing community service make you feel?

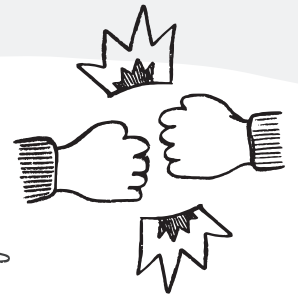
Tip!

Thankfulness and appreciation go a long way! Make sure you thank everyone who helped you and supported your project through calls, letters, or social media shout-outs.





Be Proud of What You Have Achieved



It's time to celebrate all of your hard work and tell everyone you know about your incredible achievements!

There are tons of ways to get the word out. Here are some ideas to get you started:



Email your friends and family to let them know what you accomplished.



Share your project on your social media platforms.



Do a radio interview and let the community know what you achieved.



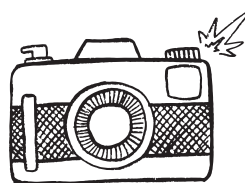
Write an article for your school newspaper or local magazine.



Submit photos for the yearbook or school publication.

Fun Challenge!

Challenge a friend to do a Community Service Project benefitting Miami Diaper Bank and help them along the way!



Important: Don't forget to send pictures of your project to Miami Diaper Bank to be recognized as a Community Hero! You can email your photos to info@miamidiaperbank.com.

*Reminder

It's important to keep spreading the word about Miami Diaper Bank's mission after your project is over because if people do not know about Diaper Need, then how can they help solve it? Babies in our community are counting on us!

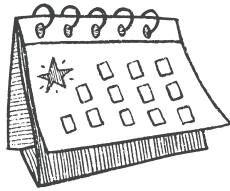




⇒ *Keep it up!* ⇒

Now that you are an expert on the issue of Diaper Need and have experience organizing a Community Service Project to benefit Miami Diaper Bank, we encourage you to stay involved with our organization!

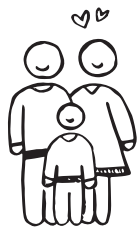
Ways To Get Involved



Make this project annual and keep helping babies every year.



Become an official Miami Diaper Bank volunteer.



Organize a Community Service Project with your family.



Be a Diaper Champion! Educate the community about Miami Diaper Bank's mission to get even more people involved.

Thank you for partnering with Miami Diaper Bank.

We hope you enjoyed being part of team Miami Diaper Bank! We are incredibly grateful for your support and can't wait to do great things together in the future!





Miami Diaper Bank

How Families Can Get Involved

GET TO KNOW US

Miami Diaper Bank is a local nonprofit organization that helps disadvantaged children in South Florida get the diapers they need to stay dry, clean, and healthy.

What started as a small community service project has transformed into a 501(c)(3) nonprofit organization serving thousands of children and families across six South Florida counties, including Miami-Dade, Broward, Palm Beach, Lee, Collier, and Monroe.

Many people don't know that government assistance programs do not pay for diapers. Since they're so expensive, families often have to choose between buying diapers and other basic needs like food and shelter, which is a decision no parent should ever have to make.

Miami Diaper Bank fills a gap in services by connecting diapers and baby essentials to vulnerable families, providing immediate relief, and raising awareness about diaper need in South Florida.

We believe every child deserves clean diapers and we hope you do, too. Join us in changing South Florida one diaper at a time!

DID YOU KNOW?

1 in 3 US families struggle to afford diapers for their babies.

Government assistance programs such as food stamps don't cover diapers.

More than 125,000 babies in South Florida need our help to get diapers.

FOR PARENTS



Organize a Diaper Drive



Donate Your Birthday or Special Event



Host an Online Fundraiser



Host a Community Hero Box



Volunteer With Us



Spread the Word

GET IN TOUCH

Email us at: info@miamidiaperbank.com | Call us at: 305.926.3815

Send donations to:

Miami Diaper Bank, 4770 Biscayne Blvd. Suite 980, Miami, FL 33137

LET'S GET SOCIAL

@miamidiaperbank @miamidiaperbank
 @mia_diaperbank Miami Diaper Bank

Broward



Palm Beach



Lee



Collier

