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SUPPORT SOLDIERS & THEIR FAMILIES

CREATE THE GOOD HAS 10+ PROJECT IDEAS TO HELP YOU HELP THOSE WHO SERVE.



Your Go-To Guide for Helping the Military

Maybe you know someone. Maybe you served. Maybe you just want to give back. No matter what your motivation, Create the Good has all the information you need to volunteer for our military service members.

Check out these idea starters, divided into projects that take five minutes, five hours or five days, so you can find one to fit your schedule and interests. Any amount of time spent giving to our military is time well spent.

Five-minute projects:

1. **Write to say thanks.** Next time you have a moment to spare, compose a quick note thanking a person directly affected by service: soldiers, veterans, their parents, spouses or children. Send handwritten letters through [Operation Appreciation](#) or electronic ones through [Joining Forces](#).

Need a primer on ways to help military families?

Watch this video on “How to Mentor a Military Veteran and Their Family,” found in our [project guide](#).

2. **Honor the fallen.** Upload a tribute to the [National Gold Star Family Registry](#), an online monument to service members who gave their lives on the battlefield. If you know a fallen hero, search for them by name, then answer a few questions, write a short story about them and attach a picture to memorialize them.

3. **Send a toy to a military child.** Toys—especially cuddly, stuffed ones—can be a great way to comfort kids whose parents are soon to deploy. Donate toys or financial support to [Operation Gratitude's Battalion Buddies](#), and they'll send smiles, hugs and something cuddly to military children in need. You can even include a letter.

4. **Send a book.** A good read goes a long way with service members deployed overseas. Read our [project guide](#) on sending books, or visit [Operation Paperback](#) to give financial or book donations directly to troops.

5. **Do some targeted relief.** Choose where your donations go and how they're used with [Operation Homefront](#). Their innovative "request ticker" scrolls through specific needs straight from the source, like "Wounded Warrior Needs Power Restored," "Rent Assistance Needed" or "Wounded Marine Needs Furniture."

Five-hour projects

1. **Adopt a military family.** Spouses of deployed service members do double duty. Lighten their load by offering to mow the lawn, go grocery shopping or babysit the kids. You can even agree to provide a meal once a week—or better yet, organize your neighborhood so each household takes a day of the week to cook.

2. **Bake extra food.** Continue helping the military family down the street by doubling your chocolate cake recipe—or bring a disposable pan of your favorite dish to welcome a new military family to the neighborhood.

3. **Become a virtual volunteer.** You don't have to show up in person to make a difference. With the [National Military Family Association](#), you can contribute over the Internet by monitoring blogs and forums, coordinating events and more. Get prepped for a yearlong commitment with webinar training and five to 15 hours of service each month.



Get the full Project Guide for Helping Military Families

For step-by-step volunteer projects, a military culture tip sheet, resources for connecting with

4. **Throw a thank-you-card party.** Invite friends, family and neighbors over your place to write a bunch of thank-you notes for service members and their families. The gathering is an easy way to create plenty of good—and make plenty of new friends.

5. **Give an orientation session.** Don't let military families settle into your community alone. Take them on a tour of the town, with all the best tips for dining, shopping and playing. Double up on volunteer time by being a listening ear and a shoulder to lean on.

Five-day projects

1. **Make a quilt for military children.** Take the stuffed toy idea further by crafting a quilt. Contact [Operation Kid Comfort](#) to receive all the materials you'll need to put together a comfy quilt for a child—with photos of his or her deployed parent sewn right into the fabric!

2. **Build a new home base.** Reintegration into civilian society can be difficult for service members, especially those who have been injured—but a specially designed house from [Homes for Our Troops](#) can help. If you know construction or have building materials to spare, pitch in on-site. Otherwise, cover building costs by putting together a team, joining an existing one, or going solo to raise money.

3. **Teach kids about service overseas.** It can be tough for children to understand where their parents have gone and why, but some hands-on learning can help. Volunteer with education programs such as [Camp Desert Kids](#), a camp where military children spend the day learning about service in Afghanistan, dressing up in uniform like their parents and even hitting the Mess Hall. Don't have that much time? Make a donation to Military Families United, the organization that runs the camp.

4. **Foster a service member's pet.** Give a home to good-natured pets while their humans are away. To care for dogs, cats, birds and even horses, apply to become a foster home with NetPets.Org's [Military Pets Foster Project](#). Expenses are covered—love and exercise is on you.

military families and more, check out our [project guide](#) to get started.

Share your story

Encourage others to support military families by sharing your experiences on our [facebook page](#).



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