

Volunteering for the Heartlanders Hockey Team!

Why are we doing this? Horizons teamed up with the Heartlanders to collect cans during and after the games for Meals on Wheels of Johnson County to help our clients stay home longer, healthier, and more affordably!

Getting there: Part 1

Step 1: Drive to the staff parking lot located behind the **Xtream Arena at 802 Quarry Road, Coralville, IA.** Tell the staff in yellow jackets that you've arrive to collect cans for the Meals on Wheels program.

Step 2: Once you park, enter the office building behind the stadium. Walk straight ahead from the doors towards the giant garage door in the back. You will find everything you need from can bins, lids, bags, rubber gloves, and a bucket.

Step 3: Take the can bins, lids, and bags (May take multiple trips) inside and up to the stadium. There is an elevator inside the arena that will make taking the supplies up easier.

Step 4: Once you get everything in to the stadium there are 14 trash cans located around the arena:

- Place 1 can bin by every trash can *and 1 by the beer stand as well (Ask first).*
- There are also flyers that say "THESE CANS SAVE LIVES" taped to the bins- if they are dirty or ripped or don't look fresh please replace them with tape and a new flyer located in the garage.

Game Time: Part 2

Step 1: Great news! You've completed setting up all the can bins and now you can enjoy the hockey game. With the tickets provided, you don't get an assigned seat. If there are open seats at the game you are more than welcome to sit there.

Step 2: There are 3 periods in hockey. Between each period please check on all 14 can bins and if they are full or are over half way replace them with empty can bags and bring the full bags to the garage where you picked up the bins at the beginning of your shift.

End of game: Part 3

Step 1: Once the game is over let most of the audience leave before cleaning up. Once people are gone take out the can bags and bring them to the garage.

- Please make sure no bags are leaking! If you're experiencing a leak, use another can bag over the leaking bag to prevent a mess.

Step 2: Once the bags are all in the garage, grab the actual can bins and all other supplies to return to the garage as well.

Step 3: Make sure there is no garbage, plastic bottles, food, or odd cans that can't be recycled in the can bags. Tie the bags shut and leave in the garage.

Step 4: Once the can bags are filled and sorted make sure to leave the garage clean for the next group of volunteers.

Notes:

- If you have any questions during or after the game you can feel free to call or text Chandler DeWees at 319-431-1832.
- Depending on if this is a weekend game and how many cans you get, it can take up to an hour for setting up, tearing down, and sorting. The bright side is with 3-4 volunteers it can go a lot faster!
- If any of the can bins look wet or destroyed text Chandler to let him know.
- If the game starts at 7, please arrive to Xtream Arena at 5.
- If the garage has more than 10 bags contact Chandler DeWees.
- Please leave the garage the way you found it! Thanks!

