

Why Pull Together for Families

RMHC keeps families with a sick or injured child close to each other and the care and resources they need, when they need it most.



23,171

Nights of accommodations

Provided to more
than **1010**
Families



The Short Family of Deer Lake

14 NIGHTS

Average length of stay



\$3.5M savings to families

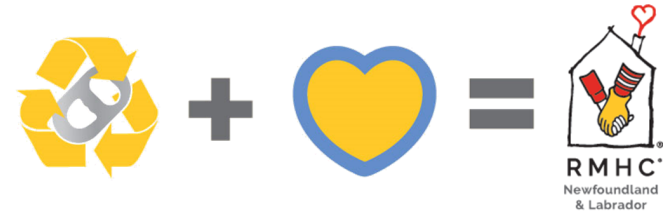
in accommodation costs alone

*Stats as of June 30, 2017



Ronald McDonald
House Charities®
Newfoundland & Labrador

Keeping families close



Recycling & Pull Tab Collection Program



Ronald McDonald House Charities®
Newfoundland and Labrador

P.O. Box 28091
150 Clinch Crescent
St. John's, NL A1B 1X0
Phone 709-738-0000

info@rmhcnl.ca
www.RMHCNL.ca/recycling-and-pull-tab

Pulling Together for Families

#KeepingFamiliesClose

Recycling & Pull Tab

#KeepingFamiliesClose

... One pull tab at a time



Why collect pull tabs?

Pull tabs are an easy way to help the environment and help families at Ronald McDonald House Charities @ Newfoundland and Labrador at the same time. Anyone in your family, school, business, church, or service club can join in. These small pull tabs are a clean source of aluminum that are easy to store. Collecting pull tabs will not interfere with an existing Recycling Program.

Which pull tabs?

We will be happy to accept donations of aluminum tabs from beverage cans, fish and meat tins, soups, and cat and dog food tins. All you have to do is **pull 'em and save 'em!**

Do you also recycle beverage containers?

YES!! Anyone can collect and recycle beverage containers for Ronald McDonald House. For a full listing of recycling locations with an existing account for Our House visit: www.RMHCNL.ca/get-involved

Where are Pull Tabs and Beverage Containers Recycled?

We have a number of recycling locations available to help us with our fundraising efforts with accounts for RMHC already set up. When delivered, pull tabs are weighed and beverage containers are counted and redeemed for cash. Just ask that the amount be added to Ronald McDonald House Charities @ Newfoundland and Labrador account. For a full listing of locations visit: www.RMHCNL.ca/get-involved

St. John's: (PULL TABS ONLY) Drop off your pull tabs at RMHC at 150 Clinch Crescent in St. John's, anytime during the hours of 9am and 9pm, seven days a week. They can easily be deposited in our Pull Tab Collection House in the main lobby.



Where does the money go?

The dollars raised from recycling pull tabs go directly to providing the programs and services for families at Ronald McDonald House Charities @ Newfoundland and Labrador.

Collecting pull tabs is a simple way for even the smallest child to make a big difference!

Taking care of the earth by recycling is just the tip of the iceberg. By donating your pull tabs to RMHC, you're helping to provide a "home away from home" for sick children and their families during what could be the most difficult time of their lives.

Quick Facts:

- ♥ It takes **1400** pull tabs to make **1 lb**
- ♥ In 2015, **2000 lbs** of pull tabs were donated to Ronald McDonald House and recycled - that's **2.8 million** pull tabs
- ♥ In 2015, pull tabs have covered the cost for **1 family** to stay at Ronald McDonald House for **15 nights**
- ♥ Since opening in 2012, **3600 lbs** of pull tabs were donated and recycled - that's more than **5 million pull tabs!**

