PULL TOGETHER • MAKE A DIFFERENCE •

Ronald McDonald House® Nashville

PULL TAB

COLLECTION GUIDE

ABOUT US

Families are stronger when they are together, and we are built on the simple idea that a family should be able to focus on only the health of their child -- not where their next meal is going to come from or where they can find a nearby, quiet space to rest and sleep.

Founded in 1991, Ronald McDonald House Nashville providesis to provide essential services that remove barriers, strengthen families, and promote healing when children need healthcare. The organization has grown from a 16-bedroom House to a 36-bedroom House and one Ronald McDonald Family Room at Monroe Carell Jr. Children's Hospital at Vanderbilt.

We are able support families because of the generous support from individuals like you!

WHY PULL TABS?

Although the whole can is valuable, the tab is much cleaner and easier to collect in large quantities, while also being made of high-grade aluminum. By itself, a tab doesn't seem like much, but when we pull together, even small tabs can make a big difference for the families we serve.

Pull tabs are also a very inexpensive way for individuals, schools or organizations to give back to their community while helping raise awareness and money for Ronald McDonald House Nashville.

Due to limited space, we cannot accept the whole can. In addition, collecting just the tab is cleaner and easier to store in large quantities. However, you are still encouraged to recycle the remaining portion of your can!

Have additional questions?

Visit ronaldmcdonaldhousenashville.org/pull-tabs or contact us at info@ronaldmcdonaldhousenashville.org

HOW DO I GET INVOLVED?

The Pull Tab Program invites people of all ages to collect aluminum tabs from cans (beverage, soup, tuna, etc.) to support families who rely on the resources of Ronald McDonald House Nashville. Thanks to our local recycling partner, the tabs are recycled and turned into a monetary donation to support our programs. Annually, these little tabs, help generate almost $2,500 thanks to the generosity of individuals like you!

It's easy to get started! Just follow these steps:

- Find or create a pull tab container. Pull tabs can be collected in just about anything! Consider using an old milk jug, box, coffee can, garbage can, or a sandwich bag. You can even download a container wrap from the pull tab website. Feeling crafty? Create an eye-catching container that can help raise interest and awareness of your collection.

- Place your container in a convenient, visible location, whether in your home, meeting space or community kitchen.

- Start collecting aluminum tabs. (Don't forget to recycle the remaining part of the can!) Make it fun by challenging family, friends, and co-workers to help with your collection!

- Drop off your collection! There are two options when it comes turning in your tabs:
  - Stop by our House at 2144 Fairfax Avenue,Nashville, TN 37212 during normal business hours (8:00 a.m.- 8:00 p.m.).
  - Drop off your collection at our annual Pull Tab Collection Challenge Drop Day Celebration! This event takes place every November.

FREQUENTLY ASKED QUESTIONS

Q: How much are my tab tops worth?
A: The price of aluminum will vary depending on supply and demand.

Q: How does the money raised from pull tabs help?
A: The funds generated from this program go toward our general operating budget to ensure that our House and Family Room continue to stay open and provide essential services that remove barriers, strengthen families, and promote healing when children need healthcare.

Q: Do you have any cardboard house collection containers?
A: No, we no longer have cardboard houses for collection. If you are interested in sponsoring the print of new cardboard houses, please email info@ronaldmcdonaldhousenashville.org.

"TAB-ULATIONS"

1 lb = 1,552 tabs

Sandwich Size Bag = 0.5 lb 2L

Bottle = 1,75 lb

Gallon Milk Jug = 3 lb

1 Copy Paper Box = 24 lb

32 Gallon Trash Bag = 80 lb