

SAMMIE'S BUDDY BENCH

TIPS

SORT AS YOU GO! Once you fill a container, sort and bag your caps so you can weigh them. We kept bags at about 20 lbs. each. Keep in mind caps weigh different amounts.

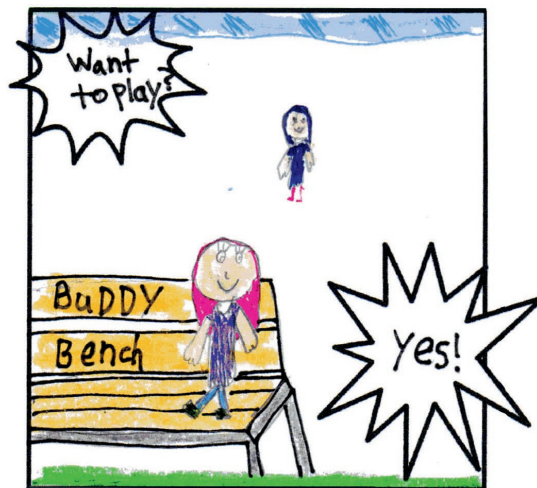
ASK PHARMACIES TO SAVE THEIR STOCK CAPS! These are heavier than normal caps. We picked up once a week.

INVOLVE THE COMMUNITY! So many people love what this is and want to help. Everyone uses plastic caps. Win! Win! Ask a local business to sponsor a bench to help reduce costs. Ask if anyone has a truck or trailer to borrow when it comes time to bring caps and pick up the Buddy Bench!

FIND A WAY TO KEEP PEOPLE UPDATED ON PROGRESS At Sammie's school, we filled in a bench picture to show kids progress and kept the community informed via our Facebook page.

TRY TO MAKE SURE CAPS ARE CLEAN AND DRY (so they don't mold).

ENJOY THE PROCESS Sammie wants you to remember EVERY CAP COUNTS! Post on Sammie's Buddy Bench Project FB page that you are collecting. We would love to encourage you and see your progress!



CHECK FILE SECTION ON FACEBOOK PAGE FOR HOW TO GET STARTED!

A BUDDY BENCH IS A PLACE WHERE SOMEONE CAN SIT IF THEY ARE LONELY, LEFT OUT, NEW TO SCHOOL OR WANT TO MAKE FRIENDS AND OTHERS KNOW TO COME UP AND ASK THEM TO PLAY.