

# THE BEST THINGS TO DONATE

## Hearts for the Homeless

SJA's Youth Group, The Ascent, coordinates the Hearts for the Homeless campaign which allows parishoners & community members to donate items & distribute care packages to the homeless individuals they encounter. See below for a list of accetped items for the care packes prepared by The Ascent.

All items must be small enough to fit into a gallon-sized ziplock bag.

### TOILETRIES

- facial tissue / washcloths
- soap / wet wipes
- toothpaste / toothbrushes
- combs / hair brushes
- shampoo / conditioner
- lotion / moisutrizer
- deoderant / baby powder

### NEW DRESS ITEMS

- SOCKS! These are highly requested
- t-shirts / undershirts
- scarves / gloves / hats
- hair items like headbands, hair ties, pins / clips, etc.

### FOOD

- nonperishable food that doesn't need preparation is ideal, such as granola bars, snack packs, pop-open cans, & other smaller items

### WATER

Small bottles are preferred, but canned water are also acceptable. This is also a highly requested item.

### OTHER ITEMS

- feminine hygiene products
- gift cards to fast food restaurants
- gallon-sized ziploc bags
- monetary donations to The Ascent so that we can purchase items (no cash will be distributed in the bags)

### SPIRITUAL GIFTS

- prayer cards
- paper / makers to help us make our Hearts for the Homeless cards
- pocket-sized scripture
- Masses/hours in Adoration for the recipients of our packages

### WHAT NOT TO DONATE

Please refrain from donating items that could prove harmful in any way. These items include razors, items containing alcohol (mouthwash / handsanitizer), and dental floss. We also remind you that all donations should be travel-sized or otherwise small enough to fit in a gallon-sized ziploc bag with other items.

*Thank you!*