

Helping Hands of St. Louis
443 Sixth St
Toledo, Oh 43605
419-691-0613

PERSONAL HYGIENE KITS

Place the following in a gallon ziplock bag:

- | | |
|-----------------------|-----------------------|
| 2 bars of soap | 1 shampoo (full size) |
| 1 wash cloth | 1 comb |
| 1 deodorant | 1 toothpaste |
| 2 disposable razors | 1 toothbrush |
| 1 sm. pack of tissues | |

These should be regular size items. We do accept sample size items however we don't use them for these particular kits.

We also need full size shaving foam, conditioner, rolls of toilet paper and lotion to give as an extra on hygiene days. Do not include these inside the kits.

HOMELESS KITS

Place the following in a gallon/quart ziplock bag or orange bag that newspapers comes in:

- 1 sweet snack *(Examples: breakfast bar or cookies, etc)*
- 1 salty snack *(Examples: 1 pack of Cheez'n Crackers or Peanut Butter'n Crackers or chips, etc)*
- 1 fruit item *(Examples: raisins or fruit rollup or fruit or cup or pudding, etc)*
- 1 ready to eat meal/meat item *(Examples: single serving chef Boyardee or soup, tuna, sardines, please make sure they have an easy open top and are ready to eat)*
- 1 beverage *(Examples: juice box or bottled water or can pop)*
- 1 plastic spoon