

Bernadette McCann House appreciates all donations from our community: THANK YOU!

### **SLEEP KITS:**

Sleep Kits are a valuable resource for

clients & beneficial for self care during periods of transition.

Items may include:

-sleep masks -sleepy time tea

-Ear plugs -bag for items

-Lavender oil

## JOURNEY GIFT:

-mop

-Comet

A bucket filled with these items goes a long way to setting up a new home:

-glass cleaner

-scrubbing sponges

-paper garden waste bags

books, art activities

-bathroom cleaner

-rubber gloves

# PERSONAL ITEMS:

-shampoo & conditioner Sets

-body wash, loofas

-deodorant, shave gel

-children's toothpaste & toothbrushes

-disposable diapers

-Depends underwear (all sizes)

### FOOD ITEMS:

-cereal, Kraft dinner, juice boxes

-sugar, salt, flour, tea & coffee

-canned fruit & vegetables

-pasta, sauces, tomato paste, rice

-canned tuna, salmon

-pickles, relish, mustard & ketchup

#### HOUSEHOLD ITEMS:

-hand soap, toilet paper, paper towels...

-new pillows, bed sheets (sets)

-hand & bath towels, face cloths

-vinyl mattress covers (single bed)

-laundry detergent

-orange giant garbage bags

-board games, crosswords, DVDs

continued...

**OTHER:** 

-frying pans, pots, utensils, dish sets

-craft supplies, journals, dollar store

-band aids, ice packs, nail clippers

PLEASE NOTE: WE CANNOT ACCEPT ANY OPENED / EXPIRED FOOD ITEMS.

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