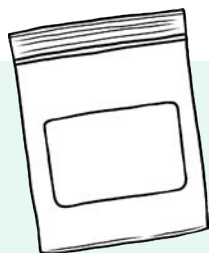


# HOW-TO MAKE A CARE KIT

Fill a gallon-size bag containing travel or trial-sized of some or all of the following:



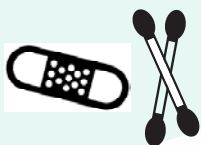
## 1. PLASTIC BAG

Plastic keeps items dry and are reusable.

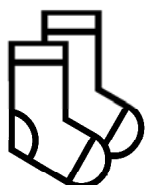


## 2. HYGIENE ITEMS

**NO** medicines or pills. **NO** liquid hand sanitizers.



- Band aids (big ones to cover blisters)
- Deodorant
- Lip balm
- Lotion
- Wet wipes or bath wipes
- Nail clippers
- Cotton swabs
- Neosporin or antibiotic ointment



## 3. SOCKS

Large sizes most needed.



## 4. WRAPPED SNACK

- Protein or granola bars
- Gum, mints or candy
- Peanut butter crackers

Thank you for helping our community. Blanchet House volunteers will hand out your kits during our meal services.

Questions?

[BlanchetHouse.org/Care-Kits](http://BlanchetHouse.org/Care-Kits)

## HOW TO DROP OFF CARE KITS

**DAYS:** Tues - Sat

**HOURS:** 8:30-10:30 a.m. or 1:30-4 p.m. (Please avoid dropping off during meal times.)

**WHERE:** 310 NW Glisan St. Park out front. Knock on door and we will come out to your car to get the bags.

THANK YOU!

