

create **Care Kits** for those that are homeless

Keep them in your car so they are ready to go when you see someone who could use one.

PROCESS

- You can do this with your family or create a Care Kit Party with friends.
- Decide on how many bags you want to create and adjust your supplies accordingly.
- If you are doing this with others, ask everyone to either choose something to bring or ask everyone to contribute \$10-\$40 and then purchase all of the supplies. Many things like socks can be purchased in bulk at Costco or on Amazon.
- Once you have all of your supplies, create an assembly line to fill the bags.
- Make a handwritten card for each bag with a simple message...
We hope this brings you some comfort. Sending love to you.
- You are ready. Keep them in your car so that when you see the need, you are prepared.
When you hand them to the individual, make eye contact and smile. And realize not everyone will be appreciative and some may be suspicious but many will be grateful.

SUPPLIES IDEAS LIST

- Handwritten Card
- Large Ziploc Bag
- Toiletries
 - Toothbrush/Toothpaste
(if you are doing 40 or more, ask your dentist if he will donate to the project)
 - Travel toiletries (soap, lotion, shampoo)
 - Pair of Socks
 - Beanie hat
 - Wet Wipes
 - Tissues
 - Lip Balm
 - Band aids
 - Comb
- Food (nothing perishable)
 - Bottle of Water
 - Juice box
 - Granola Bars
 - Dried fruit (no nuts)
 - Squeezable Applesauce
 - Mini packs of crackers
 - Chips
 - Fruit snacks
 - Tuna packets
 - Mints or gum



Youthwell

Giving back can improve
our mental health & bring joy.