



PACKAGE UP YOUR *kindness*

When it comes to giving, we oftentimes don't know where to start. However, a care package is a simple and effective way to make a positive impact. With this checklist of supplies, you'll be able to assemble a care package that is not only filled with useful goods, but also will surely bring a smile to the groups of people who can benefit the most.

Homeless

Braving the elements day and night is almost unfathomable. The homeless are often an overlooked group that are in desperate need of simple goods. If you're interested in providing the homeless with a care package, call your nearest shelter to see how you can help.

Armed Forces

Whether overseas or on American soil, our military put their lives on the line on a daily basis. Sending a care package not only conveys your gratitude, but will also ease the burden of homesickness for stationed personnel. Like hospitals, there are multiple established charities that can assist with your donation.

Nursing Home

Oftentimes, nursing homes are not the first place that someone would think of donating to, but they provide you with a viable opportunity to brighten someone's day. Typically, the front desk will be able to assist you with distributing the surprise goodies to the elderly.

TOILETRIES

- Toothbrush and toothpaste
- Baby wipes
- Hand sanitizer
- Comb
- Dry shampoo

- Deodorant
- Shampoo and conditioner
- Sunscreen
- Wet wipes
- Disposable razors and shaving cream

- Lotion
- Nail kits
- Hairstyling products
- Body wash
- Lip balm

FOOD

- Protein bars
- Beef jerky
- Trail mix
- Crackers
- Applesauce cups

- Nuts
- Granola
- Dried fruit
- Beef jerky
- Protein bars

- Tea bags
- Baked goods
- Hard candy
- Snack mix
- Dried fruit

MISC.

- Cold-weather gear
- Socks
- Mints
- Travel mug
- Gift cards

- Magazines
- Calendars
- Batteries
- Playing cards
- Laundry detergent

- Books
- Crossword puzzles
- Throw blankets
- Scarves
- Jigsaw puzzles