



To honor the legacy of Dr. Martin Luther King, Jr, St. Petersburg Free Clinic is participating in the National Day of Service on January 18. This year we are facing unprecedented need in our community because of the COVID-19 pandemic. You can make a difference and help your neighbors in need! The following pages showcase ways you can help remotely- from the safety of your home or office and on your schedule!

St. Petersburg Free Clinic's We Help FRESH Pantry is now a drive-through (and walk-up) outdoor program that is designed for maximum safety during the COVID crisis. Thousands of Pinellas County individuals and families visit our FRESH Pantry each month, many of them reaching out for help for the first time in their lives. Many of those we serve are homeless or in transition.

Join us in helping our neighbors in need on this National Day of Service!



## Host a Food or Hygiene Drive



**You can help families in need right here in Pinellas County by hosting a food or hygiene drive with your friends, family, or co-workers.**

St. Petersburg Free Clinic serves over 2,000 families a month through the We Help Services FRESH Pantry. Our FRESH Pantry is now a drive-through program that is designed for maximum safety during the COVID crisis. Thousands of Pinellas County families visit the Pantry each month, many of them reaching out for help for the first time in their lives.

Hosting a food drive can make a big impact for families in need. And best of all, it is EASY! To support your efforts, St. Petersburg Free Clinic staffers will:

- Provide you with customized flyers to help promote your drive!
- Share a list of our most needed non-perishable food and hygiene items so you can target your efforts!
- Offer guidance and logistics support to help you be successful with your drive!

**For more information, or for help arranging a Food or Hygiene drive, contact Jennifer Silva at [jennifer.silva@stpetersburgfreeclinic.org](mailto:jennifer.silva@stpetersburgfreeclinic.org).**



## Mobile Meal Kits

These kits are designed to be convenient for our clients who do not have access to cooking or refrigeration resources. Many of these individuals are homeless or in transition. These kits make it easy for them to get nourishment on-the-go.

Listed below are some suggested items that work well in mobile meal kits. Volunteers and groups can purchase items or host drives to collect donations. The individual items can then be packed into one-gallon zip lock bags and delivered to our We Help Food Pantry where they will be distributed to clients.

1. Ravioli/ SpaghettiOs
2. Baked beans
3. Can fruit/ fruit cups
4. Beef Jerky
5. Beef Stew
6. Nuts
7. Trail Mix
8. Breakfast/protein/granola bars
9. Protein drinks
10. Chips
11. Single-serving cereal boxes
12. Vienna Sausage
13. Tuna in a pouch
14. Cookies
15. Crackers



**Include 6-10 items in each bag, with a minimum of 6. Pop-top cans are ideal as can-openers are not always available.** Some groups include plastic utensils and a beverage (bottle of water, juice box, et cetera).

**For more information, or for help arranging a Mobile Meal Kit Project, contact Jennifer Silva at [jennifer.silva@stpetersburgfreeclinic.org](mailto:jennifer.silva@stpetersburgfreeclinic.org).**



## Mobile Hygiene Kits

These kits are designed to be convenient for our clients who do not have access to standard bathing facilities. Many of these individuals are homeless or in transition. These kits make it easy for them to stay clean on-the-go.

Listed below are some suggested items that work well in mobile hygiene kits. Volunteers and groups can purchase the items, or host drives to collect donations. The individual items can then be packed into one-gallon zip lock bags and delivered to our We Help Food Pantry where they will be distributed to clients.

1. Toothbrush
2. Toothpaste
3. Bar Soap
4. Disposable Razor
5. Deodorant
6. Shampoo
7. Wet Wipes
8. Comb
9. Kleenex



Include 6-10 items in each bag, with a minimum of 6. It is just fine to double up on some of the items listed above to fill the kit. We suggest you “double wrap” shampoos, as they tend to open and leak into kits.

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