



## Ways to help us support our neighbors in need

- Preparing **Mobile Meal Kits** and **Mobile Hygiene Kits**.
- Purchasing **ANY** of the items listed here and donating to us.
- Shopping from our **Amazon Wish List**, QR code listed below.

These items support all SPFC Programs. Many items provide nourishment or hygiene for those who do not have access to cooking or refrigeration. Some items support patients in our Health Center as they work towards better health. And finally, some items support the women and men in our residences as they find a safe place to stay during their recovery journey.

*Thank you for helping us serve our neighbors in need!*

## Mobile Meal Kits and Mobile Hygiene Kits

- Pack 6-10 food items or 6-10 hygiene items listed below in a gallon sized zip top plastic bag.
- Pop-top cans are ideal as can-openers are not always available.
- Double wrapping the liquid items like shampoo can help to prevent leaking.
- Please feel free to include eating utensils and a beverage (bottle of water, juice box).

### Food Items

Beef jerky	Granola bars
Beef stew	Instant coffee
Breakfast bars	Nuts
Canned fruit	Protein drinks
Canned meats	Protein bars
Canned pastas	Single-serving cereal boxes
Chips	Trail mix
Cookies	Tuna/salmon in a pouch
Crackers	
Fruit cups	

### Residence Wishes

Bath mats  
Bath towels  
Individually wrapped toothbrushes  
Pillows  
Men's body wash (FULL size)  
Men's shampoo (FULL size)  
Shower curtains  
Small appliances (coffee pots, toasters)  
Toothpaste (regular sized, not travel sizes)  
Women's body wash (FULL size)

**Coordinate questions and donation delivery via email to [inkind@stpetersburgfreeclinic.org](mailto:inkind@stpetersburgfreeclinic.org)**

### Hygiene & Health Items

Alcohol wipes	Probiotics
Bar soap	Reading glasses
Benadryl	Saline spray
Deodorant	Salonpas
Diapers (size 5/6)	Shampoo
Disposable razor	Stool softener
Facial tissues	Sunscreen
Feminine products	Toilet paper
Fingernail clippers	Toothbrush
Iron	Toothpaste
Monistat	Travel hand sanitizer
Neosporin	Tylenol/Motrin
Pepcid/Tums	Vitamin C
Preparation H	Wet wipes

### Transportation

Transportation gift cards (Uber/Lyft)  
Gas cards

### Amazon Wish List

Follow this link: <https://amzn.to/3ocJMWB>  
Or use your camera to scan here:

