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

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

### 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)

### 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:

Coordinate questions and donation delivery via email to inkind@stpetersburgfreeclinic.org