



We Care Community

Mobile Meal and Health & Hygiene Kits

We Care Community

Support and care for our neighbors in need come in a variety of forms. We cannot do this alone! Thanks to the support of partners, funders, donors, and volunteers, we are able to make a difference in the lives of our neighbors in need. It's what we call our We Care Community.

Access to nutritious and healthy food is a determinant of health. Throughout the month, our We Care Team brings Mobile Meal Kits and Hygiene and Health Kits to those who cannot access services at our various locations.

You can join our We Care Community and assist our We Care Team by putting together Mobile Meal kits and Health & Hygiene kits. These kits ensure our We Care Team can provide a hungry neighbor with their next meal or a health and hygiene item that provides comfort.

SPFC & social determinants of health

Social determinants of health are the conditions in which people are born, grow, live, work, and age. They include factors like socioeconomic status, education, housing, employment, and access to healthcare. Communities that adequately address social determinants of health experience health equity, wherein no one is "disadvantaged from achieving their potential because of social position or other socially determined circumstances (CDC.gov)."

St. Pete Free Clinic's programs support health equity by providing nutritious food for those who need it, increasing access to healthcare, and increasing access to housing for those experiencing housing insecurity and substance use challenges.

We Care Impact

In the words of a few grateful neighbors in need we've served!

S. Bell

"Lost my job and decided to come here for just a bit of food. They gave me more than enough to tide me for the time it takes me to get a job. Everyone was very helpful and polite. I do appreciate it!"

L. Loco

"Great place. They saved my life as I'm not eligible for help from the county or anywhere else, having worked for myself most of my life. Nowhere else could I even get prescriptions for the meds I need to keep going. I feel well taken care of by the staff at SPFC."



**Ask questions and coordinate donation delivery
via email to inkind@thespfc.org**

Thank you for helping us serve our neighbors in need!

Kit Assembly Directions

Mobile Meal Kits

- Pack 6-10 of the Food Items listed below in a gallon-sized zip-top plastic bag.
- Pop-top cans are ideal, as can-openers are not always available.
- We encourage including eating utensils and a beverage (bottle of water, juice box).

Mobile Hygiene Kits

- Pack the Health & Hygiene items listed below in a gallon-sized zip-top plastic bag.

Shopping List

Food Items

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

We Care Kit Essentials

- Gallon-sized zip-top plastic bags
- Bottled water, lemonade, tea
- Juice boxes
- Sports drinks
- SPORKS

Health & Hygiene

- Bar soap
- Body wipes
- Deodorant for Men and Women
- First aid travel size kits
- Travel size toothpaste

Nice Additions

- Flip Flops/Slides all sizes
- Backpacks