



*Donate Supplies for members of our community who are homeless*

March 8th-May 8th the Co-op will be collecting supplies for Interfaith Works shelter

We invite you to look at the list below and see if there is something you can donate. All donations will be taken to the IW Shelter to be distributed to those in need. For more information about the shelter, or to donate directly to the shelter, visit [iwshelter.org](http://iwshelter.org).

**Personal care items:**

*Tampons & Pads  
Toothbrushes  
Toothpaste  
Floss  
Multi-vitamins  
Vitamin C  
Cough drops  
OTC cold medicine  
Cough suppressant  
Deodorant  
Chapstick  
Toilet paper & paper towels  
Travel size shampoo, conditioner, lotion  
Disposable razors  
Band-Aids  
Gauze pads  
Medical tape*

*Anti-biotic ointment  
Foot/body powder  
Ibuprofen  
Tylenol  
Anti-acid  
Earplugs  
Small first aid kits*

**Food:**

*Bars and other small non-perishable snacks  
Coffee (decaf and regular)  
Tea bags  
Sugar  
Powdered Creamer  
Cup-O-Noodles & Instant Soups  
Cereal  
Dried Fruit/Nuts/Trail Mix*

**Clothing & Gear:**

*Blankets  
Waterproof boots and shoes  
Back Packs  
Rain gear  
Coats and jackets  
Hoodies  
Underwear  
Long Underwear & Leggings  
T-shirts/Long Sleeved/Flannels  
Pants  
Sleeping Bags  
Tarps  
Tents  
Flash lights  
Batteries  
Hand Warmers  
Rain ponchos*