## **helpline volunteer connections bo It yourself Projects**

# **HYGIENE KITS**



#### Step-by-Step

- Collect supplies
- Find a box or bag
- Fill with hygiene items
- Add an encouraging note
- Deliver to an area non-profit!

### What is your Why?

Keeping clean is an important part of health and wellness. Unfortunately, not everyone in our community has access to hygiene items.

#### **Supplies & Ideas**

- Toothbrush & toothpaste
- Tissues
- Hand lotion
- Deodorant
- Bandaids
- Flushable wipes
- Sun screen

#### **Time to Share!**

To inquire what agencies will accept the projects, dial 211 or email <u>vol@helplinecenter.org</u> For more information visit <u>www.helplinecenter.org/diy</u>