

## NEEDED DONATIONS LIST

Please contact Griffin, at [gjenkins@heartwoodcentre.ca](mailto:gjenkins@heartwoodcentre.ca) or 204-783-5460 ext. 36, if you have any questions or would like to generously donate items from the list below to our organization.

### Food

- Coffee (K-cups)
- Bottled water
- Individually packed snacks
- Non-perishable food items

### Self-Care & Personal Items

- **Menstrual Products**
- Soap
- Shampoo / Conditioner
- Deodorant
- Toothbrushes and Toothpaste
- Lotion
- Condoms

### Arts & Craft Supplies

- Magazines
- Markers
- Paints and paint brushes
- Glue
- Canvases
- Pom poms
- Clay pots
- Ribbon

### Office Supplies

- Paper
- Pens
- Envelopes
- Notepads/Journals

### Other

- Gift cards
- Bus tokens