



# Hearts With Hands™

Financial Contributions - Donate online at [www.heartswithhands.org](http://www.heartswithhands.org) or mail a check to HWH - PO Box 6444 - Asheville, NC 28816.

## **FOOD (Non-perishable Items)**

Pull -Tab Can Goods (Soup, Vegetables, Meat)  
Breakfast (Dry Cereal, Pop Tarts, Granola Bars)  
Peanut Butter  
100% Fruit Juice (20 oz or smaller)  
Sports Drinks (20 oz or smaller)  
Individual Snacks (Crackers, Rice Krispies)  
Individual Fruit (Fruit Cup, Applesauce)  
Water (Bottled, Gallon)

## **CLEANING SUPPLIES**

Bleach  
Disinfectant  
Mops  
Buckets  
Rubber / Plastic Gloves  
Sponges  
Brooms  
Trash Bags (Kitchen, Large Heavy Duty)

## **BABY SUPPLIES**

Diapers (All Sizes)  
Baby Wipes  
Baby Formula  
Baby Food (No glass)

## **BEDDING**

Blankets  
Sheets  
Pillows  
Sleeping Bags  
Cots

## **CLOTHING**

Underwear (All Sizes)  
Socks (All Sizes)

## **PAPER SUPPLIES**

Plates  
Bowls  
Cups  
Paper Towels  
Toilet Paper  
Pre-Wrapped Flatware  
Plastic Bags (Storage, Gallon)

## **PET SUPPLIES**

Dry Food  
Canned Food

## **HYGIENE KITS**

Towels  
Wash Cloths  
Razor  
Shaving Cream (Travel)  
Body Wash (Travel or Regular)  
Bar Soap  
Shampoo (Travel or Regular)  
Feminine Products  
Toothbrush  
Toothpaste  
Mouthwash  
Hand Sanitizer  
Hand Soap  
Deodorant

## **MEDICAL SUPPLIES**

Non-Prescription Drugs  
Band-Aids  
Medical Tape  
Ointments  
Disinfectant Spray or Wipes  
Eye Drops  
Chapstick  
Sunscreen  
Bug Spray

**New and unopened items only. Thank You!**