

Will you help the homeless youth of Hampton Roads?

Participate in the Food Pack and Hygiene Drive

Please help us to support the homeless and disadvantaged youth of Hampton Roads. Below contains a sign-up sheet for items that are highly needed to fill the food and hygiene packs. Our goal is to make 100 packs!

Homeless kids have varied needs and the list below is not exhaustive.

Items should be prepackaged for individual use (i.e. fun or snack size)

***Each pack should contain at least one of each of the bold/starred items.**

Food	Hygiene
*Sandwich Crackers	*Shampoo (travel size)
*Fruit Cup	*Soap/body wash (travel size)
*Snack bag of pretzels/chips	*Deodorant (travel size)
*Pop-top canned meat and fruits	*Toothbrush (travel size)
*Tuna and Cracker Packs	*Toothpaste (travel size)
*Vienna Sausages	*Band aids
*Chef Boy-Ar-Dee	*Lip Balm
*Soup	*Feminine Pads/tampons (girls)
*Granola/Breakfast bar	Conditioner
*Plastic fork and spoon	Wipes
Prepackaged dessert	Wash Cloth
Snack bag on nuts/raisins	Antibiotic crème
Beef Jerky	Hair brush/comb
Napkins	Sun block
\$5 Fast Food Gift Cards	Laundry tablets
\$5 Wal-Mart Gift Cards	Bug Spray
	Lotion
	Hand Sanitizer

Additionally, feel free to donate any of the following:

Clothing - New or gently used items, please, with the exception of undergarments & socks, which should be new.

Clothing and shoes should be in the style that teenagers and young adults like to wear.

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| Men's | Women's |
| - long & short sleeve t-shirts (sizes M-XL) | - long & short sleeve t-shirts (sizes S-L) |
| - hoodies & warm coats (sizes M-XL) | - hoodies & warm coats (sizes M-L) |
| - shorts & pants (sizes 30-44) | - shorts, pants & skirts (sizes 2-16) |
| - shoes (sizes 9-15) | - shoes (sizes 6-10) |
| - boxers (sizes M-L) | - panties (sizes 5-8) |
| - beanies, knit hats & gloves | - bras (sizes 32-36 A-DD) |

Survival Gear – New or gently used is okay.

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|---------------------------------|---------------|
| - tents | - zip ties |
| - sleeping bags | - flashlights |
| - blankets (new or gently used) | - batteries |
| - tarps | - duct tape |

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'"

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'" Matthew 25:37-40 (NIV)

For more information visit the Church website at www.pscogic.com/mission.html