

CARe Packs

Have you ever wanted to help someone in need but found yourself with nothing to offer? Stock your car with pre-packed bags containing items that address basic human needs such as hunger, hygiene, and clothing accessories.

* Aldi is a great place to get everything you need at a great price.

Suggestions for options to put in a pack:

Food/Drink:

Bottled water
Tuna/Chicken packets (not cans)
Granola bar or cereal bar
Crackers with peanut butter or cheese
Pretzels, chips, fruit snacks, raisins, etc
Gift certificate to fast food

Hygiene:

Deodorant
Toothbrush/toothpaste
Shampoo/soap
Nail clippers
Hand wipes
Pack of Kleenex
Comb or small brush
Mints/gum
Maxi pads

Other:

Rain poncho
Socks
Gloves/hat/scarf (if winter)
Band Aids
Chapstick
Info/directions to local shelters/organizations
Encouraging/uplifting note