



ITEMS WE NEED

CLOTHING

The MEND Clothing Center needs your help with the following items:

- Clothing sizes XS and above (women's, men's, teenager's)
- Women's clothing, sizes 10-24
- Men's clothing, sizes 12-50 **Note: All men's clothing is usually GREATLY needed because it is donated less.**
- Undergarments including bras, underwear, and socks for men and women
- Blankets
- Garbage bags
- Men's casual clothing
- Packing tape
- Teenager's clothing
- 2 moving dollies
- Sleeping bags
- Backpacks
- Toiletries
- Laundry cart

FOOD

The MEND Foodbank needs your help with the following items:

- Any low-sodium, low sugar, sugar substitute items for those clients with special dietary needs
- Cereal (whole grain, low sugar)
- Canned soups, stews & chilies
- Canned vegetables
- Canned tomatoes
- Canned tuna, chicken and spam
- Low-sodium canned meats and vegetables
- Pasta and rice
- Dried beans of ALL KINDS, quinoa, lentils

Tip: Less expensive store brand items feed a family in need as effectively as brand name items; check your local market mailers!

SHOWER PROGRAM

The MEND Homeless Shower program needs your help with the following items:

- Ziploc Bags
- Travel size toothpaste

- Travel bottles (for shampoos)
- Shower Loofahs
- Wash cloths
- Disposable razors

DENTAL

The MEND Dental Department needs your help with the following items:

- Dental instruments
- Toothbrushes, toothpaste, floss

MEDICAL

The MEND Medical Department needs your help with the following items:

- Printer/scanner
- Reams of paper
- Permanent-ink markers
- Staplers

EDUCATION

The Education and Training Center needs your help with the following items:

- Spiral notebooks
- Notebook filler paper (both wide- and college-ruled).
- Computer task chairs (armless, and seat no wider than 22–23 inches)
- Plastic spoons
- Plastic forks
- Either paper or plastic bowls
- Plastic tablecloths for 8-foot tables
- Napkins
- Copy paper (both in color and white)

COMPUTERS

The MEND Computer Lab needs your help with the following items:

- Computers, used or new
- Monitors
- Keyboards
- Mouse
- Printing Paper
- Ink