

Personal Care Kits

Pre-Project Discussion:

- Discuss with your family why adults and children may be in need of these items.

What You Need:

- Each kit should contain any combination of the following:
 - toothbrush
 - toothpaste
 - shampoo
 - washcloth
 - soap
 - deodorant
 - Wide-tooth Comb
 - African American/Hispanic haircare products (hair grease, gel, cream, leave-in conditioner, shower cap/satin bonnet, etc)
 - Feminine products
 - Optional:1 "fun" item, such as a NEW matchbox car, package of stickers or small stuffed animal

Steps:

1. Purchase the suggested items OR host a drive or fundraiser to purchase items.
2. Assemble the kits. All kits should have most of the above items or additional items. Place in a Ziploc bag.
3. Include a homemade card or drawing. Sign it "From a family who cares."
4. Pack the kits up and bring to the organization (please contact United Way of Northeast Florida to discuss recipient organization and to let us know how many kits you have completed)

Reflection Questions:

- How does it feel knowing you helped others who are in need?
- How did this project change your perspective on your belongings?
- What else do you think you can do to help?