



Centre of Hopes Donation List

Items to be individual prepackaged and travel size

Bottle water, juice boxes
Ground coffee & tea
Disposal to go cups with lids
Sugar&/sweetener, coffee mate
Milk

Assortment of healthy snacks; bars,
fruit & pudding cups
Cereal, oatmeal, Mac & Cheese, soups, stews
Fresh fruit
Eggs, bread, butter, jams, & condiments

Seasonal clothing, footwear in all sizes for men and women

Spring & summer jackets, sweaters
Jeans, sweats, shorts, capri's
New underwear & socks
Woman's undergarments
Sweaters & t-shirts
Footwear –running shoes/sandals

Wellness

Hair brushes, combs, clips, & elastic bands
Hygiene/toiletries; toothpaste, soap, bodywash
Feminine products & Canesten
Lotions: face and body
First Aid; band aids, ointments, etc.
Sunscreen, Chapstick
Bug spray

Small backpack or drawstring bag, as individuals have their belongings with them at all times.



Thank you for your generous, continued, and vital support

Hunger Shift Campaign for Centre of Hopes' Intake Program

Centre of Hope is hoping to raise \$95,000 to ensure every person who enter out Marshall Street facility will have a hot & cold snacks and beverages.

Please consider a gift of \$5 per day so individuals in our don't go hungry.

DONATE TODAY www.fmcentreofhope.com/donate/hungershift

Thank you for your generous act of giving, as we thank you and greatly appreciate your support.

10095 Marshall Street
Monday – Sunday
(780) 743-3912

Fort McMurray, AB T9H 1X6
8:00am – 11:30am & 12:30pm – 4:00pm

