

HOMELESSNESS SPEED VOLUNTEERING OPPORTUNITY

Find a shoebox and fill it with toiletries and other basic necessities for homeless individuals and community members living in shelters or transitional housing. Drop it off at Catholic Charities Emergency Services, The Salvation Army or Anna Marie's Alliance.

Supplies, Instructions and Reflection

Supplies

- Shoebox
- Travel size shampoo & conditioner
- Bar soap
- Lotion
- Deodorant
- Toothbrush
- Toothpaste
- Sunscreen
- Hair comb/brush
- Hand towels
- Bandages and antibiotic ointment
- Socks
- Tampons/panty liners
- Razors
- Tissues
- Resealable zipper storage bags
- Rain ponchos
- Metro Bus Passes
- Laundry Gift Cards

Instructions

1. Find a shoebox. Decorate it however you want!
2. Purchase or collect new supplies.
3. Fill the shoebox with the supplies. Please note that the shoeboxes may be opened for safety inspections before being delivered.

Reflection

1. How would your life be different if you didn't have access to basic health and hygiene supplies?
2. How did participating in the Shoebox Project impact your life? How will it impact the individual you help?

Why The Shoebox Project?

On any given night in Central Minnesota at least 15 families looking for a place to sleep are turned away from local shelters because they are full.

These community members deserve access to basic necessities for hygiene and health.

You can give a helping hand to individuals who are homeless or living in transitional housing by simply creating a shoebox and filling it with toiletries.

Easy opportunities like this strengthen our community and provide relief to those in need.