

WINTER WISH LIST

Build a Backpack

Help us fill backpacks with essential supplies for those experiencing homelessness, igniting hope and making a tangible impact on their lives. Together, we can provide the tools and resources they need to find a brighter tomorrow.

- Backpack (darker colours preferred)
- Hoodie
- Underwear
- Long Underwear
- Warm Socks
- Toque
- Mitts/Gloves
- \$10 Tim Hortons or McDonald's Gift Cards
- Travel Mug
- Transit Tickets

* Please **DO NOT** include food, chocolate, candy, or items with alcohol.

Essential Items

Give a vital donation today by providing warmth and comfort to those in need. A small act of kindness can make a big difference in the life of someone going through hard times.

- Blankets
- Towels
- Winter Jackets
- Winter Gloves/Mitts
- Men's Size Small Clothing
- New Underwear

Hygiene Items:

- Nail Clippers
- Earplugs
- Travel-Size Tissue
- Q-Tips
- Deodorant
- Razors
- Travel-Size Shampoo, Conditioner, Lotion, & Body Wash

Other Ways To Get Involved

❄️ Follow us on social media! You can make a difference with just one click.



@mustardseedcan



@themustardseedyc



@theseed.ca



@themustardseed1

❄️ Discover the power of knowledge and empathy by having a dedicated staff member from our team to speak and educate your group. Email CommunityEngagement@theseed.ca to learn more.

❄️ Join our dedicated team of volunteers and help create positive change in our community. Email Volunteer@theseed.ca for more information.

THANK YOU FOR YOUR SUPPORT AND COMMITMENT TO SERVING OTHERS THIS SEASON

Drop-Off Information:

Community Impact Centre Downtown
102 11 Ave SE
Calgary, AB T2G 0X5
Seven days a week from 9 a.m. - 5 p.m.

Foothills Shelter
7025 44 St SE
Calgary, AB T2C 4E8
Seven days a week from 8 a.m. - 7 p.m.

Resource Sorting Centre
Bay 27, 4216 54 Ave SE
Calgary, AB T2C 2E3
Tues. - Sat. from 1 p.m. - 4 p.m.

TheSeed.ca

