

2024 SUMMER WISH LIST

Survival Items

- Bottled water
- Toilet paper
- Deodorant
- Kleenex (individual packs)
- Travel-size shampoo & conditioner
- Travel-size body wash
- Baby wipes
- Reusable bags
- Insect repellent
- Travel-size sunscreen
- Q-Tips
- Toothbrushes
- Hats
- Backpacks
- Underwear (Men's sizes S to XL / Women's sizes S to M)
- Flip flops (Men's sizes 7 to 13 / Women's sizes 6 to 10)

School Lunch Program

- Granola bars
- Fresh fruit
- Canned soups
- Beans
- Meats
- Pastas
- Sauces
- Fruits
- Juice boxes

Health & Wellness

- Stretch bands
- Hand weights
- Ankle weights
- Exercise mats
- Foam rollers
- Pocket sized notebooks
- One-Ride bus tickets

All donations can be dropped off at:

The Mustard Seed Community Centre

6002 54 Ave

Red Deer, AB T4N 4M8

Mon. - Fri. 8 a.m. - 4 p.m.

TheSeed.ca

