

2021

# Summer Wish List

## Survival Items

- Bottled water
- Hats or bandanas
- Bug spray (non-aerosol can)
- Sunscreen lotion (non-aerosol can)
- Aloe vera lotion or after-sun lotion
- Reusable water bottles
- Summer clothing (men and women)

## Thrift Store

The Thrift Store offers a sustainable shopping experience while allowing buyers to purchase with a purpose. Beyond offering a great selection of items, everything from home goods to swimwear, the store also provides employment opportunities. This initiative helps prepare individuals looking to reintegrate into the job market, including guests from The Mustard Seed.

**Visit our Thrift Store at 342 Seymour St, open daily from 10 a.m. - 4 p.m. (closed Sundays).**

## Just Add Mustard Deli (JAMD)

JAMD makes and delivers signature lunch packages – made daily – to participating groups, businesses, and organizations. In exchange for a \$21 donation, JAMD will provide homemade, hand-crafted waffle sandwiches, paired with the soup of day.

This community-driven program will contribute to The Mustard Seed programs such as employment training, housing, mental health, and addiction services, as we continue the battle to end homelessness and poverty in Kamloops.

For more information, please visit [TheSeed.ca/JAMD](http://TheSeed.ca/JAMD)

**All donations can be dropped off at:**

**The Mustard Seed Outreach Centre**

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**TheSeed.ca**

