

# WINTER WISH LIST

## Build a Backpack

Help someone in need get through the winter season by filling a backpack with these essential items:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Underwear                | <input type="checkbox"/> Tissue (travel-size)            | <input type="checkbox"/> Crossword Puzzles, Sudoku, Word Searches |
| <input type="checkbox"/> Socks                    | <input type="checkbox"/> First aid kit (travel-size)     | <input type="checkbox"/> \$10 Tim Horton / McDonald's gift card   |
| <input type="checkbox"/> Warm hats or toques      | <input type="checkbox"/> Nail clippers                   | <input type="checkbox"/> Transit tickets                          |
| <input type="checkbox"/> Warm gloves              | <input type="checkbox"/> Earbuds                         |   |
| <input type="checkbox"/> Flashlight or book light | <input type="checkbox"/> Cell Phone Multi Charging Cable |   |
| <input type="checkbox"/> Ear plugs                |  |   |
| <input type="checkbox"/> Travel mug (no ceramics) |  |   |

Please do NOT include candy, chocolate, or food, or items with an alcohol base such as mouthwash, hand sanitizer, or perfume/cologne.

## Needed Children's Items

You can support our families who access our Mustard Seed Neighbour Centres by providing these critical items for children this winter:

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Diapers (assorted sizes) | <input type="checkbox"/> Boots       |
| <input type="checkbox"/> Winter jackets           | <input type="checkbox"/> Toques      |
|   | <input type="checkbox"/> Warm gloves |

## Did You Know?

Our Mustard Seed Community Engagement team facilitates educational opportunities surrounding poverty and homelessness to various community groups, schools, and churches.

If you would like to know more, please contact:

[CommunityEngagement@theseed.ca](mailto:CommunityEngagement@theseed.ca)

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

## Drop-Off Information

**Downtown Support Centre**  
102 11 Ave SE  
Calgary, AB  
Seven days a week from  
9 a.m. - 5 p.m.

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

**Resource Sorting Centre**  
Bay 27, 4216, 54 Ave SE  
Calgary, AB  
Tues. - Sat.:  
1 p.m. - 4 p.m.

**TheSeed.ca**

