

# WINTER WISH LIST

## Seasonal Needs

Support someone in need this winter by donating the following essential items:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Scarves             | <input type="checkbox"/> Feminine hygiene products | <input type="checkbox"/> Tissue (travel-Size)                     |
| <input type="checkbox"/> Underwear           | <input type="checkbox"/> Lotion                    | <input type="checkbox"/> Flashlight (travel-Size)                 |
| <input type="checkbox"/> Hand / foot warmers | <input type="checkbox"/> Lip balm                  | <input type="checkbox"/> Ear plugs                                |
| <b>HYGIENE ITEMS</b>                         |  |   |
| <input type="checkbox"/> Toothbrush          | <input type="checkbox"/> Wet wipes                 | <input type="checkbox"/> Reusable shopping bags                   |
| <input type="checkbox"/> Toothpaste          | <input type="checkbox"/> Hairbrush / comb          | <input type="checkbox"/> Pen & notepad                            |
| <input type="checkbox"/> Floss               | <input type="checkbox"/> Reusable face masks       | <input type="checkbox"/> \$10 Tim Horton/<br>McDonald's gift card |
| <input type="checkbox"/> Deodorant           | <input type="checkbox"/> Band-aids                 |   |
|  | <input type="checkbox"/> Laundry soap (single use) |   |

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

## Urgently Needed Winter Items

Help our community members stay warm, dry, and protected from extreme temperatures this season by providing these critical items:

- |  |   |
|--|---|
| <input type="checkbox"/> Winter Boots  | <input type="checkbox"/> Winter Jackets |
| <input type="checkbox"/> Winter Gloves |   |

## Did You Know?

We have opened a Health and Wellness Centre! We are now providing programs and services to clients out of our Mustard Seed Community Centre.

For more information, please contact [WellnessMH@theseed.ca](mailto:WellnessMH@theseed.ca) or call 403.504.0342

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

## Drop-Off Information

**The Mustard Seed Community Centre**  
503A Allowance Ave SE  
Medicine Hat, AB T1A 3E4  
Mon. - Thur.: 9 a.m. - 4 p.m.  
Fri.: 9 a.m. - 1 p.m.

**TheSeed.ca**

