

# WINTER WISH LIST

## Build a Backpack

Fill a backpack with these items and they will be gifted to our guests on Christmas morning!

- |  |   |
|--|---|
| <input type="checkbox"/> Adult Backpack    | <input type="checkbox"/> Eye Mask (for sleep)                     |
| <input type="checkbox"/> Hoodie (men's)    | <input type="checkbox"/> Earbuds/Headphones                       |
| <input type="checkbox"/> Underwear         | <input type="checkbox"/> Crossword Puzzles, Sudoku, Word Searches |
| <input type="checkbox"/> Long Underwear    | <input type="checkbox"/> Flashlight or Book Light                 |
| <input type="checkbox"/> Socks (warm)      | <input type="checkbox"/> \$10 Tim Horton's/McDonald's Gift Cards  |
| <input type="checkbox"/> Toque             | <input type="checkbox"/> Travel Mug (no ceramics)                 |
| <input type="checkbox"/> Warm mitts/gloves | <input type="checkbox"/> Transit Tickets                          |
| <input type="checkbox"/> Bandages          |   |

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

## General Needs

- Winter Boots
- Winter Jackets
- Towels
- Hand Warmers (e.g. HotHands™)
- Snacks (granola bars, juice, cookies, water)
- Men's Pants (size 28-32)

## 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 (size 3-5) | <input type="checkbox"/> Winter Clothing |
| <input type="checkbox"/> Baby Toiletries    | <input type="checkbox"/> Winter Gear     |

## 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**

