

# WINTER WISH LIST

## Essentials Items This Season

Help us provide warmth and comfort to those in need this season. A small act of kindness can make a big difference in the life of someone going through hard times.

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|--|--|--|
| <input type="checkbox"/> Winter Boots        | <b>HYGIENE ITEMS</b>   | <input type="checkbox"/> Deodorant                 |
| <input type="checkbox"/> Winter Gloves/Mitts | <input type="checkbox"/> Travel-Size Shampoo, Conditioner, and Body Wash | <input type="checkbox"/> Feminine Hygiene Products |
| <input type="checkbox"/> Winter Jackets      | <input type="checkbox"/> Toothbrush                                      | <input type="checkbox"/> Travel-Size Kleenex       |
| <input type="checkbox"/> Neck Warmers        | <input type="checkbox"/> Toothpaste                                      | <input type="checkbox"/> Lip Balm                  |
| <input type="checkbox"/> Hand/Foot Warmers   | <input type="checkbox"/> Dental Floss                                    | <input type="checkbox"/> Wet Wipes                 |
| <input type="checkbox"/> New Underwear       | <input type="checkbox"/> Razors  | <input type="checkbox"/> Hairbrush/Comb            |
|  |  | <input type="checkbox"/> Ear Plugs                 |

## Other Ways To Get Involved

❄️ Follow us on social media! You can make a difference with just one click.



@mustardseedcan



@themustardseedyxh



@theseed.ca



@themustardseed1

❄️ Discover the power of knowledge and empathy by having a dedicated staff member from our team to speak and educate your group. Email [InfoMedicineHat@theseed.ca](mailto:InfoMedicineHat@theseed.ca) to learn more.

❄️ Join our dedicated team of volunteers and help create positive change in our community. Email [VolunteerMH@theseed.ca](mailto:VolunteerMH@theseed.ca) for more information.

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

### Drop-Off Information:

**Community Impact Centre**  
503A Allowance Ave SE  
Medicine Hat, AB T1A 3E4  
Mon. - Fri. from 7:30 a.m. - 3:30 p.m.

**TheSeed.ca**

