

# Christmas Wishlist

2020



## Build a backpack

Fill a backpack with the following items and give someone in need the basic necessities to get through the season.

- New underwear - men and women
- Warm hat/toque
- Warm gloves (not mittens)
- Ear plugs
- Travel mug (no ceramics please)
- Crossword/word game puzzle/etc.
- Flash light or book light
- \$10 Tim Hortons/ McDonald's gift card
- Travel-size tissue
- Travel-size first-aid kit
- Transit tickets
- Men: sports hat
- Women: costume jewellery
- Multi-plug phone cord
- Earbuds
- Deck of cards
- New socks
- Nail clippers



## Resident move-in package

Help us ensure our guests have everything they need when they secure housing and move-in to their new homes!

- Kitchen utensil set (spatula, ladle, tongs, whisk, can opener)
- Cutting board
- Casserole dishes
- Pots and pans
- Cookie sheet
- New twin bed set (pillow & pillowcase, sheet & fitted sheet)
- Blankets (can be gently used)
- New bathroom essentials (toilet brushes, toothbrush holder, washcloth, bath mats – both for inside and outside of shower, shower curtain and hooks)
- New towels
- Dish soap

## Please do NOT provide:

- Watches
- Candy
- Chocolate

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



## Thank you for your incredible support

Over the past year, we have faced challenges that we could have never imagined. Because of you, we were able to keep all five locations operating and providing essential services to those in need during the pandemic.

During the holiday season, the demand for our services increases significantly, and our need for your support continues to grow. However, our needs may be difficult to predict due to the uncertainty of the pandemic. We encourage you to visit [TheSeed.ca](https://www.theseed.ca) where all our current volunteer opportunities, much needed items, and more, will be available this holiday season.

### Drop-off locations

#### Downtown Support Centre

102 11 Ave SE, Calgary, AB  
Seven days a week from 9 a.m. – 6 pm.

#### Foothills Emergency Shelter

7025 44 St. SE, Calgary, AB  
Seven days a week from 9 a.m. – 7 pm.

A simple gift of \$45 can make a Christmas wish come true for those in need this holiday season by providing a warm, nutritious meal and safe place to stay. Give today.

[TheSeed.ca](https://www.theseed.ca)

