



Build a backpack

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

- □ Socks
- Foot/hand warmers
- Bus tickets
- □ \$10 Tims Hortons/McDonald's gift card
- □ Blanket
- ☐ First aid kit
- ☐ Christmas card with note of encouragement (sign with first name only)
- ☐ Travel-size tissue
- □ Face cloth
- □ Notepad/pens
- ☐ Gloves, hats, and scarves
- ☐ New underwear men and women
- ☐ Feminine hygiene Items
- ☐ Hygiene Items (Toothbrush, toothpaste, soap, shampoo and conditioner, deodorant, hairbrush/ comb, lip balm, disposable razors, nail care items, etc.)



Make a mug of joy

Fill a travel mug* with the following items and give the gift of joy to someone in need.

*No glass or ceramic mugs

- □ Travel mug
- □ Bus tickets
- □ \$5 coffee card
- □ Socks
- ☐ Note of encouragement
- □ Foot/hand warmers

Pleage do NOT provide:

₩ Watches

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



Donate to our Thrift Store:

Our Thrift Store is more than just a clothing store: it's an opportunity. It's a place where you can find all sorts of treasures, whether that's a new-to-you shirt, a stand-up mixer, or a vintage typewriter. It's also a place where you can support those trying to get back on their feet, because when you shop at our Thrift Store, the proceeds go back into programming at The Mustard Seed.

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 where all our current volunteer opportunities, much needed items, and more, will be available.

Drop-off locations

Community Support Centre

10568 114 Street, Edmonton, AB Monday - Friday 9 a.m. - 4:30 p.m.

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.

