



"Thank you for sheltering me and giving me a place to stay. You not only did that, you made me happy."

-Domestic Violence Survivor, child, housed by your YWCA

THINGS WE CAN REALLY USE

Last year we sheltered 770 women, children and men. Your donations help local families.

GENERAL FOOD ITEMS

- ◆ Soups
- ◆ One dish meals (microwaveable)
- ◆ Peanut butter
- ◆ Cereal
- ◆ Juice
- ◆ Baby and toddler food
- ◆ Canned pop-tab meats (tuna, chicken, spam)
- ◆ Canned pop-tab meals (chili, ravioli, stew)
- ◆ Coffee and tea
- ◆ Canned fruits & vegetables
- ◆ Crackers
- ◆ Granola bars & breakfast bars
- ◆ Hot chocolate, cider, instant oatmeal
- ◆ Pasta and pasta sauces

HOUSEHOLD ITEMS

- ◆ Paper products (tissue, towels, tp)
- ◆ Manual can openers
- ◆ Light bulbs - 60 watts
- ◆ Pillows
- ◆ Electric skillets
- ◆ Shower curtains/hooks
- ◆ Alarm clocks
- ◆ Microwaveable cookware
- ◆ Towels/washcloths
- ◆ Twin sheet sets
- ◆ Flyswatters
- ◆ Silverware & dishes

FOR CHILDREN

- ◆ New toys for all ages, especially 10+
- ◆ DVDs (G, PG, PG-13)
- ◆ Activity books, all ages
- ◆ Craft supplies (colored paper, markers, etc.)
- ◆ Gifts/gift cards for teens
- ◆ Diapers, all sizes

SPECIAL THINGS

- ◆ Prepaid phones/phone minute cards
- ◆ Gift cards (gas, movie, meal, grocery)
- ◆ Hats & gloves
- ◆ Hygiene items (toothbrushes, toothpaste, hair brushes, shampoo, conditioner)
- ◆ Tampons
- ◆ Journals
- ◆ Word puzzle books for adults

CLEANING SUPPLIES

- ◆ Bleach
- ◆ Spray cleaners
- ◆ Dish soap
- ◆ Cleansers
- ◆ Sponges
- ◆ Rubber gloves
- ◆ Laundry soap
- ◆ Disinfectant wipes
- ◆ Toilet brushes

Things we don't need at this time • Clothing • Puzzles • Stuffed animals

THANK YOU FOR YOUR GENEROUS SUPPORT OF THE YWCA AND OUR PROGRAMS!

Like what we do? Connect with us, and join our mission!

300 Main Street Lewiston, ID | Office 208.743.1535 | 24/7 Help 208.746.9655