



hygiene kits



MATERIALS

- Every day necessities (complete list in directions)
- Soap
- Toothpaste / toothbrushes
- Deodorant
- Brush/ Comb
- Hand Sanitizer
- Gallon sized ziplock bags

Why Make Hygiene Kits

Personal hygiene is important to our health. However many people often go without the basic necessities we use every day. In the struggle to find safe shelter and food many of these individuals find it difficult to get necessities like, soap, toothpaste, shampoo and deodorant. In just a few hours you can create hygiene kits for those in need. By volunteering together, your family or group can make a meaningful difference to someone's life.

Homeless Shelters are committed to serving all that come to their locations so they always have the need for hygiene kits and other necessities.

CONVERSATION STARTERS

- Do you use toothpaste and soap everyday? How would you feel if you didn't have those things?
- Why is important to take of yourself by brushing your teeth, washing your hair and body?
- What do you think it is like to not have a permanent home?

START A RIPPLE OF GIVING

- For your next birthday party or play date, you ask friends to bring items on this HowTo sheet instead of a gift!



DIRECTIONS

1. Decide where you would like to donate your hygiene bags. You might deliver directly to the homeless or reach out to a local organization, food bank, or homeless shelter. Contact the nonprofit to verify they are accepting hygiene kits and how and where to deliver them.
2. Gather your materials. Decide what materials you would like to include in the hygiene bags. You can find everything you need for the bags inexpensively and most items can be found at a dollar store.
3. Reach out, you might ask your friends, family or classmates to donate unused items. Remember, the more people you involve the more lives you impact!
4. Here is a list of items you might add to your hygiene bag:
 - Hand Sanitizer
 - Soap
 - Shampoo
 - Deodorant
 - Toothbrush & toothpaste
 - Dental Floss
 - Feminine products
 - Socks
 - Bottle Water
 - Disposable razors
 - Kleenex
 - Lip Balm
 - Lotion
 - Nail clipper
 - Gum/ mints
 - Snacks
 - Brush/ comb
 - Gloves
5. Assemble the hygiene bags. Once you have gathered all of the items needed for the hygiene bags get organized and group each item.
6. If working as a group make a simple assembly line. In each bag put one of each item. You can place all of these items in a gallon size zip-lock bag.
7. Feel free to include a note of encouragement or wish someone a happy day.

NEXT STEPS

Donate the kits to a local shelter or other nonprofit that works with those experiencing homelessness. Some ideas in the greater Atlanta area:

- SafeHouse Outreach
- Atlanta Mission
- Gateway Center
- Hope Thru Soap
- Love Beyond Walls
- Zaban Paradies

REFLECTION

Have your family/group come together after you have made the hygiene kits. Ask each family member to come up with 5 words that describe the day's experience in response to the questions below.

- Why was it important to do this project?
- How did you help?
- What was it like to work together as a family for this project?
- What was the best part of the experience?

