



Hearts With Hands

Financial Contributions - Donate online at www.heartswithhands.org or mail a check to HWH - PO Box 6444, Asheville, NC 28816

FOOD (Non-perishable Items)

Pull -Tab Can Goods (Soup, Vegetables, Meat)
Can Openers
Breakfast (Dry Cereal, Pop Tarts, Granola Bars)
Peanut Butter
100% Fruit Juice (20 oz or smaller)
Sports Drinks (20 oz or smaller)
Individual Snacks (Crackers, Rice Krispies)
Individual Fruit (Fruit Cup, Applesauce)
Water (Bottled, Gallon)

CLEANING SUPPLIES

Bleach
Disinfectant
Mops
Buckets
Rubber / Plastic Gloves
Sponges
Brooms
Trash Bags (Kitchen, Large Heavy Duty)

BABY SUPPLIES

Diapers (All Sizes)
Baby Wipes
Baby Formula
Baby Food (No glass)

BEDDING/LINENS

Cots
Sleeping Bags
Pillows
Blankets
Sheets
Towels
Wash Cloths

CLOTHING

Underwear (All Sizes)
Socks (All Sizes)

PAPER SUPPLIES

Plates
Bowls
Cups
Paper Towels
Toilet Paper
Pre-Wrapped Flatware
Plastic Bags (Storage, Gallon)

PET SUPPLIES

Dry Food
Canned Food

HYGIENE KITS

Razor
Shaving Cream (Travel)
Body Wash (Travel or Regular)
Bar Soap
Shampoo (Travel or Regular)
Toothbrush (Individual)
Toothpaste
Mouthwash (Travel)
Hand Sanitizer (8oz or Smaller)
Hand Soap (8oz or Smaller)
Deodorant
Feminine Products

MEDICAL SUPPLIES

Non-Prescription Drugs
Band-Aids
Medical Tape
Ointments
Disinfectant Spray or Wipes
Eye Drops
Chapstick
Sunscreen
Bug Spray

New and unopened items only. Thank You!
NO USED CLOTHES ACCEPTED