



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)
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

Blankets
Sheets
Pillows
Sleeping Bags
Cots

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

Towels
Wash Cloths
Razor
Shaving Cream (Travel)
Body Wash (Travel or Regular)
Bar Soap
Shampoo (Travel or Regular)
Feminine Products
Toothbrush
Toothpaste
Mouthwash
Hand Sanitizer
Hand Soap
Deodorant

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!