



# Hearts With Hands

Financial Contributions - Donate online at [www.heartswithhands.org](http://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!**