

Personal Care Kits Project

Imagine having to choose between heating your house or paying your water bill.

What if you couldn't afford "extras" like soap, toothpaste, and deodorant, none of which are covered by SNAP (food stamp) benefits?

Families are forced to make tough choices. You can help your neighbors by providing essential personal care items to help them stay healthy.

1. COLLECT/PURCHASE ITEMS:

Each kit must include 1 of each of the following full sized items. Fragrance-free and gender neutral are best where possible. If you buy regular full sized items, they should all fit in a 1 gallon ziploc style bag. If you buy larger items, you will need a 2 gallon bag.

- Shampoo (12-16 oz)
- Bar of soap (3.5 oz)
- Toothbrush (individually packaged preferred - if you have a multipack please do not open it, just put the whole thing in the kit)
- Toothpaste - mint (6 oz)
- Dental floss (100 yards)
- Moisturizer/lotion (16 oz)
- Deodorant (3 oz)
- Gallon-sized ziplock style bags
- All items should be NEW and FULL SIZED. No travel sized or XL please
- Each kit must include 1 of each item. Please do not include extra items not on this list.
- Where possible, please choose gender-neutral, fragrance-free items with less chemicals and no parabens
- Please consider purchasing items from local vendors/suppliers. Please also consider name brand products.

2. PACK KITS:

Once you have all your items collected or purchased, pack them up! Items facing all the same direction are easiest for us to process. Mark on the bag the earliest expiration date of all products and whether the kits include items marketed toward Female, Male, or Gender Neutral based on scents.

Don't forget to share some photos! Tag Global Links on social media ([Facebook](#), [Instagram](#)) and #HealthForAll #NeighborsHelpingNeighbors

3. CONTACT FREE DROP OFF:

The donation drop off is at Global Links: 700 Trumbull Dr. Pittsburgh, PA 15205. Pull into the lot just past our building on the side with the garage doors. You will see a shelter in the parking lot. You may leave your items under this shelter.

Questions? Email sbodow@globallinks.org

Thank you for helping our neighbors live with health and dignity!