



## **Hygiene Kits for the Homeless - Help Someone with a Fresh Start -**

Want to help people-in-need get a fresh start in the morning? The Society of St. Vincent de Paul of Alameda County provides hygiene items to the homeless and the poor through its downtown drop-in Centers. People who are living on the streets or in their cars, or those who are staying with friends while they try to right their lives, often have very basic needs – including soap, shampoo and toothpaste.

### **What's a Fresh Start hygiene kit?**

A simple plastic bag with items you would use when you get up in the morning – like soap, toothbrush, razor, shampoo, washcloth.

### **How can we help provide Fresh Start kits?**

Here's a guide to gathering materials for hygiene kits that SVdP can provide to those in need: Put out a call to your group (your parish, your club, your school) to help you gather any or all of the following items:

- Toothpaste (Small tubes)
- Toothbrushes
- Soap (Small, shower gel liquid soap or small wrapped bars)
- Razors (Capped plastic razors, unused please)
- Shampoo (Small bottles or travel-size bottles)
- Conditioner (Small bottles or travel-size bottles)
- Body lotion or baby oil (Small bottles)
- Combs or hair brushes (small size)
- Deodorant
- Washcloths (New)

*Many people will be able to donate new, unused items they've collected while traveling; others buy small travel items at the store; some people contact local hotels for donated travel-size items.*

Gather your donated items and put one of each in a sealable plastic bag (like Zip-lock).

### **What about larger items?**

We do have a need for larger items from the above list for monthly hygiene packs for low-income families (like bottles of shampoo, packages of razors)

### **What do I do with the kits once we've assembled them?**

Bring them to the SVdP Community Center (2272 San Pablo Avenue in Oakland – cross street is West Grand) or call us to arrange for a pick-up.

**Who should I call if I have questions or am interested in preparing Fresh-Start hygiene kits?** Contact our Volunteer Coordinator at 510/877-9237.