

5 THINGS A HOMELESS PERSON COULD USE

If you've ever been approached by a homeless man or woman, you may have felt uncomfortable about how to respond when asked for money. Make Care Kits as an alternative, since giving money isn't the best option.

The following items can be placed in gallon-size Zip-Lock bags.

HOW TO PACK A CARE KIT

1. SOCKS Homeless men and women spend a lot of time on their feet trying to get to resources and appointments. A fresh pair of clean, dry socks can feel like heaven on tired, soggy feet. Throw in some band-aids to help ease the pain of blisters.



2. SNACKS AND WATER

Throw in some packets of nuts, crackers, dried fruit, trail mix, granola bars, breakfast bars, instant noodles or other light-weight, quick snacks. Water brings relief, especially in hot weather.



3. HYGIENE ITEMS

Add anti-bacterial lotion for when soap and water aren't available. Include small soaps and shampoo from your hotel stays. Consider lip balm, toothpaste, toothbrush, washcloth, comb, brush, razor, shaving cream and deodorant. Avoid items such as mouthwash or that contain alcohol.



4. RESOURCE GUIDE

Your library has compiled a list of services and resources available to homeless men and women that they might not know about that you can include.

5. ENCOURAGEMENT

All the items listed previously are helpful, but the most meaningful part of a Care Kit is the opportunity for a conversation and friendship. Your smile and offer of help could be the encouragement a homeless man or woman needs to make it through another day.

CARE KIT TIPS

Have a Care Kit party! Gather family, friends, co-workers or your community group to purchase supplies and assemble Care Kits together.

Include seasonal items. In summer, include sunblock or frozen bottles of water. In winter, include gloves, hats or heatpacks.