

WISH LIST

FOOD

canned tuna/meat
canned soups/stews
canned vegetables/fruit
instant/ground coffee
tea
hot chocolate
peanut butter
jams
cookies & crackers
rice
vegetable oil
powdered milk
tomato/spaghetti sauce
cooking spices

CLOTHING – MEN'S

winter boots
winter coats
men's underwear (new)
socks (new)
jeans (all sizes)
rain jackets
warm gloves
winter hats & scarves

DARE PROGRAM

art supplies
sports or event tickets
blank notebooks

DORMITORY SUPPLIES

Razors
toothpaste & toothbrushes
men's deodorant
shaving cream
bar soap/liquid body wash
shampoo
body lotion
towels

MEDICAL CLINIC

vitamins (multi, b, c)
Vicks Vapo-rub
alcohol-free cough syrup
acetaminophen (Tylenol)
ibuprofen (Advil)
Ensure/Boost
foot powder
Rub a535
Epsom salts
calamine lotion
sugar free cough lozenges
polysporin
vaseline
neo citran
ear plugs

Donations can be dropped off at:

Good Shepherd Centre

412 Queen Street East
(Queen Street East & Parliament Streets)

To arrange a pick up for a large donation, please call
(416) 869-3619 ext. 277 or e-mail cindy@goodshepherd.ca