



DONATIONS NEEDED

Help Adsum support the women, families, youth, and gender diverse people that we serve! Donate items from our wish list or host a donation drive with friends, colleagues, or your community.

Thank you for your support!

ALWAYS NEEDED

GENERAL

- ✓ Gift cards - grocery, pharmacy, coffee, department store
- ✓ Phone cards - Lucky and Chatter SIM cards and Top Up cards
- ✓ Adult bus tickets
- ✓ Ear buds, headphones, and charging cords
- ✓ Diapers (all sizes), wipes, infant formula
- ✓ Women's underwear (all sizes)

HOUSEHOLD ITEMS

- ✓ Move out cleaning supplies (bucket, mop, broom, cleaner, garbage bags, paper towel, dustpan, etc)
- ✓ Towels, face cloths, dishcloths
- ✓ Dishes, pots and pans, glassware, can opener, kitchen utensils, oven mitts, mugs, toasters, kettles
- ✓ Pillows

PERSONAL CARE ITEMS*

- ✓ Makeup & lip balm
- ✓ Shampoo and conditioner (not 2 in 1)
- ✓ Body wash & body lotion
- ✓ Hair products for textured hair
- ✓ Razors and shave gel
- ✓ Deodorant
- ✓ Toothpaste and toothbrushes
- ✓ Nail polish & nail care set
- ✓ Menstrual products
- ✓ Spa care (face masks, hair masks etc.)

**No - travel size toiletries, vitamins, or medication*

Adsum accepts new, unopened, and unexpired items. We do not accept used items. If you wish to donate items not on this list, please contact us first.



DROP-OFF

The Rose - 5944 South St
Monday-Friday, 9am - 4pm
Excluding holidays

QUESTIONS? CONTACT

Sophia Noguera
funddevelopment@adsumforwomen.org
902-802-2769

DONATIONS NEEDED

SEASONAL

SPRING/SUMMER

- ✓ Sunscreen
- ✓ Light breathable clothing
- ✓ Sandals
- ✓ Sunglasses
- ✓ Summer hats - adult & children
- ✓ Reusable water bottles - adult & children
- ✓ Light socks
- ✓ Ponchos/rain protectors

WINTER/HOLIDAY**

- ✓ PJs - all genders, ages, sizes
- ✓ Slippers & warm socks
- ✓ The year's most popular toys and craft sets for ages 0-14 yrs. – girls/boys and non-gender
- ✓ Teen gift cards - clothing and electronic shops, mall, fast food
- ✓ Winter boots and coats - all genders, ages, sizes
- ✓ Hand warmers
- ✓ Throw blankets

BACK TO SCHOOL*

- ✓ Gift Cards to Staples, Walmart and Dollar Store for parents to shop
- ✓ Binders & looseleaf paper
- ✓ Notebooks & exercise books - 1/2 plain- 1/2 ruled
- ✓ Duo-tangs & pocket folders
- ✓ HB Pencils
- ✓ Pencil cases/plastic pencil box
- ✓ Box of 24 crayons
- ✓ Coloured pencils & markers
- ✓ Personal size white board & white board markers
- ✓ Sharpeners
- ✓ Glue sticks & bottles
- ✓ Rulers
- ✓ Erasers
- ✓ Scissors
- ✓ Backpacks for all ages

Deliver by **August 19th if possible to ensure time for distribution*

***Deliver by **December 15th** if possible to ensure time for distribution*



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