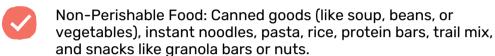# Care Packages Checklist for Those in Need

Assembling care packages is a meaningful way to give back and show kindness. Gather essentials such as food, hygiene products, and notes of encouragement. Not only will this act of service help those in need, but it also sparks conversations about gratitude and giving within your family.

Here's how to get started:

1. Gather Essentials

Choose items that are practical, thoughtful, and helpful for someone in need. Consider including:

- ✓ **Non-Perishable Food:** Canned goods (like soup, beans, or vegetables), instant noodles, pasta, rice, protein bars, trail mix, and snacks like granola bars or nuts.

- ✓ **Hygiene Products:** Toothbrushes, toothpaste, soap, shampoo, conditioner, deodorant, feminine hygiene products, razors, and hand sanitizer.

- ✓ **Personal Care Items:** Warm socks, gloves, hats, face masks, or even small first aid kits.

- ✓ **Comforting Extras:** Tea bags, instant coffee, hot chocolate, or comfort food like crackers, or packaged biscuits.

- ✓ **Seasonal Items:** During colder months, include blankets, scarves, or hand warmers. In warmer months, consider sunscreen or cooling wipes.

2. Add a Personal Touch

- ✓ Including a handwritten note of encouragement can mean the world to someone receiving your care package. Simple messages like "You're not alone," or "Thinking of you" can provide a sense of hope and community. If you're assembling packages as a family, let everyone contribute with their own messages.

3. Pack the Items

- ✓ Once you have all the essentials, carefully pack them into a sturdy box or bag. Make sure everything is organized and secure so that it will arrive in good condition. If possible, choose eco-friendly packaging.

4. Deliver with Care

- ✓ After packing, find a local charity, shelter, or community organization that accepts care packages. Many organizations provide a list of specific needs, so check their guidelines for what they are currently accepting. Some may even allow you to drop off items directly at a designated location or arrange a pickup.