

DILWORTH SOUP KITCHEN PERSONAL CARE PACKAGE SUGGESTIONS

Dilworth Soup Kitchen serves 200 lunches every Monday and Friday. Many of our guests are experiencing housing insecurity and personal care kits can help improve their quality of life and make their struggles a little easier.

Below is a complete list of items our guests use the most. You can select as few or as many items as you like. It would be helpful if all packages donated contained similar items but is not required.

Toiletries and Personal Items

- Soap or body wash
- Shampoo
- Toothbrush & Toothpaste
- Wash Cloth
- Comb/brushes
- Wet Wipes, Hand Sanitizer
- Tissues
- Deodorant
- Lotion, Sunscreen and insect repellent
- Chapstick/Lip Balm
- Ibuprofen twin-pack
- Band-aids

Non-Perishable Foods

- Healthy snacks like granola bars, dried fruit, mixed nuts, trail mix, crackers
- Tuna/Cracker Packs
- Beef Jerky Sticks
- Candy and gum
- Gatorade, Bottled Water
- Small Gift Card to a coffee shop, fast food restaurant, grocery store

Extra and Seasonal Items

- High-quality socks
- Warm Gloves and hats
- Small Blanket

Other Items

- Reading Material
- Flashlight
- Gallon Size Zip-Loc bags
- Quarters for Laundry
- Notes of Encouragement

“Nourishing Our Community”