

### **Hygiene Kit Project:**

Recovery Café hosts a Resource Connection Day once a month, where we provide meals, hygiene kits, clothing & supplies, as well as access to various community partners (such as COVID-19 testing, Hep A Vaccines, and housing/resource providers). This project creates hygiene kits to pass out to anyone in need that day.

Hygiene Items to include (*travel size items preferred*):

- Hand sanitizer
- Sunscreen
- Body soap/bar soap
- Shampoo & conditioner
- Body Lotion
- Deodorant
- Toothbrush, toothpaste & floss
- Travel size tissues
- Chapstick
- Qtips (travel size or in smaller Ziploc)

Please place one of each item inside of a gallon-size Ziploc bag. The picture below is a sample of what the finished hygiene kit will look like.

We also encourage you to write an encouraging note to place inside the bag. Notes must be: generic (not to a specific person), non-religious, not in envelopes, and most importantly, loving! For example: “You are loved!” or “Wishing you health and safety.” Please do not sign your name, but you may sign it with Recovery Café if you like. This is a great activity to include kids, grandchildren, etc. in--get creative! A sample note is also pictured below.

### **Hygiene Kit Example:**



Encouraging Note Examples:

