

HOMELESSNESS • QUALITY OUT OF SCHOOL TIME SPEED VOLUNTEERING OPPORTUNITY

Grab a pillowcase and fill it with toiletries for local kids and teens in need. When you're finished, tie it with a ribbon, label it, and bring it to Catholic Charities SAIL/SHY, Catholic Charities Youth House, Catholic Charities Emergency Services or The Salvation Army.

Supplies, Instructions and Reflection

Supplies

- Pillowcase
- Ribbon
- Shampoo and Conditioner
- Soap
- Hairbrush/comb
- Hair accessories
- Toothbrush
- Toothpaste
- Deodorant
- Lip balm
- Washcloth or hand towel
- Feminine hygiene products
- Lotion

Instructions

1. Collect or buy the necessary supplies. If you want, customize it for a kid of a specific age or gender.
2. Fill your pillowcase with the supplies.
3. Tie the pillowcase shut with ribbons, and if you want, attach a label ("From a friend who cares," etc).

Reflection

1. Think about what your life would be like without basic supplies for hygiene. Would you be able to do all the things you enjoy? Would you be treated differently?
2. How did making this Pillow Pack impact your life? How will it impact the child you help?

Why Pillow Packs?

All children and young adults in our community deserve the necessities for basic hygiene.

More than 450 students in Central Minnesota are experiencing homelessness, which makes accessing these necessities extremely difficult.

It's vital for kids in need to have access to these supplies for school, extracurricular activities like sports, and even part-time jobs.

Spending a little time making a Pillowcase Pack will help a local teen feel good, and you'll feel good doing it.