



# CARE KITS

Home is where many of us find the comfort, courage, and support to get back out there and face the day's challenges. But for people experiencing homelessness, opportunities to refresh and recharge can be hard to come by. Care Kits are meant to offer a bit of relief. Filled with small comforts, they're a gesture of kindness.

## WHAT'S INCLUDED:



### WATERPROOF BAG

Extra-large, resealable bags keep contents dry in all kinds of weather.



### SEASONAL COMFORTS

Warm socks, sunscreen and chapstick aid with facing the elements.



### HYGIENE ITEMS

We've chosen wet wipes and nail clippers to help with everyday care.



### RESOURCE CARD

Numbers for agencies that provide services the person might need.

Other Care Kit ideas: food, gloves, toothbrush, toothpaste, small brush, chewable vitamins, and tissues. Avoid items with fragrance, as well as mouthwash and hand sanitizer.



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## ADD PERSONAL TOUCHES

The Care Kits we've provided are a starting point you can build on through personal touches. As a family, you may want to choose one or two additional items to include in each pack.

You can also work together to add handwritten notes to each kit. Use the space provided on the back of the resource card or bring in your own cards/paper. Words of encouragement can come in the form of a favorite quote or song lyric, or a simple message, written from the heart – it's really up to you!

## DELIVER

One way to distribute the Care Kits is to keep them in your car, and hand them out to people you see at intersections or stoplights with signs asking for donations. A smile and eye contact go a long way in showing respect to the person in need.

Some people prefer to drop off the care packs at an agency that serves the homeless. If you need a recommendation for a drop-off option near you, send a note to [Robyn Schein](mailto:Robyn.Schein@mplsfoundation.org) at [rschein@mplsfoundation.org](mailto:rschein@mplsfoundation.org).

## TALK ABOUT IT

While making and distributing Care Kits is a meaningful family activity, it's the conversations you have along the way that underscore the purpose of the activity.

### QUESTIONS TO GET THE CONVERSATION STARTED:

- 1 What do you think would be the most difficult part of being homeless? Why?
- 2 How would it feel to have to ask for help, especially for such basic needs?
- 3 What are the small comforts you value most?
- 4 In your experience, what little things can make a big difference?
- 5 Sometimes we make financial contributions to organizations that help the homeless, and other times we give directly to the people who need help. How are the two ways of giving different? Why are they both important?