



Hearts With Hands™

You can donate online at [heartswithhands.org](http://heartswithhands.org) or mail a check to HWH - PO Box 6444 Asheville, NC 28816

**FOOD**

Pop-Top Canned Goods  
Dry Cereal  
Canned Meat  
Peanut Butter  
Dry Milk  
100% Fruit Juice  
Gatorade  
Pre-Packaged Snack Items

**CLEANING SUPPLIES**

Bleach  
Disinfectant  
Mops  
Buckets  
Rubber / Plastic Gloves  
Sponges  
Brooms  
Trash Bags

**CHILDREN'S ITEMS**

Diapers  
Baby Wipes  
Baby Formula  
Baby Food

**BEDDING**

Blankets  
Sheets  
Pillows  
Sleeping Bags  
Cots

**MEDICAL SUPPLIES**

Non-Prescription Drugs  
Band-Aids  
Medical Tape  
Ointments  
Disinfectant Spray

**PAPER SUPPLIES**

Plates  
Bowls  
Cups  
Paper Towels  
Toilet Paper  
Plastic Flatware

**BOTTLED WATER**

**GALLONS OF WATER**