



Sanguen Health Centre

**Donations to The Van are REALLY appreciated!**

This list is updated regularly!

The items we need on The Van change regularly - depending on items donated or in stock, the weather, the people we meet, partnerships with other agencies, etc. We are happy to answer any questions about The Van, or what we are currently seeking, and we've included some important details, and our contact information, below.

On behalf of the entire Sanguen community - THANK YOU!

**Current items MOST NEEDED:**

Food	Clothes	Sanitary Items	Other
Juice boxes Bottled water	Men's underwear (all sizes/styles) Women's underwear (all sizes) Summer clothing	Deodorant Denture adhesive	Camping gear (tents, sleeping bags, tarps)

**Van Donations Wishlist - Ongoing**

Food	Clothes	Sanitary Items	Other
Granola Bars Nutra Grain Bars Protein Bars Protein Shakes Mr. Noodles Lipton Cup-a-Soup Juice Boxes Water Sugar-Free Gum Ensure Hot Chocolate Packs Instant oatmeal pkgs Fruit cups	T-shirts Shorts Shoes / sandals Underwear	Disposable razors Toothbrush/paste Tampons and pads Lip balm / chapstick Nail clippers	Bus Tickets (Grand River Transit - adult) \$5 Gift Cards (e.g., Tim Horton's, grocery stores) \$10 Gift Cards (e.g., Tim Horton's, grocery stores) Backpacks

**ALL Donations:**

Donations can be dropped off at our Waterloo office. Please call ahead and speak with Michelle to check hours - 519-603-0223. We are also happy to pick up donations anywhere in Kitchener, Waterloo, and Cambridge. Get in touch with Simone and she will make arrangements to drop by! For items that you purchase specifically to donate, please save your receipts - we can issue you a tax receipt.

**Clothing:**

Used clothing items are great to donate - as long as they are clean and still useful. A variety of sizes are needed (large men, small women, everyone in between). We can't accept used socks or underwear. We can only accept items that are 'seasonal' - we don't have a lot of storage for off-season items.

**Food:**

The best food items to donate are those that are quick/easy, can be made in a microwave (or don't need heating at all). Fresh foods are welcome - but we are limited in our ability to store them long term. Individually packaged items are great! We cannot accept home made food due to public health regulations.

**Hygiene Items:**

Sanitary items of any size are welcome. Small "hotel" or "travel" size are easiest for us to give people who move around frequently, and larger are great to give people who are staying in one place for a longer time. Pads and tampons that are individually wrapped are ideal for us to divide up amongst multiple people.

**Cash / Monetary:**

Financial donations allow us to purchase items quickly as-needed and are always welcome. Donations can be mailed or delivered to our office at 29 Young Street East, Waterloo, N2J 2L4. Please write "Sanguen Health Centre" in the "to" line and note that it is a donation for The Van in your memo line (or include a note!)

You can also donate online through Canada Helps by selecting "Outreach Van Project". All financial donations will receive a tax receipt.

<https://www.canadahelps.org/en/charities/sanguen-health-centre-foundation/>

**More Info:**

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