



# Hygiene Kits

For more information about this volunteer opportunity, please contact:  
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Hygiene may seem basic, but for those who are unable to shower regularly, it means more than cleanliness. Good hygiene helps a person retain his or her dignity and sense of self-worth. By purchasing supplies and preparing hygiene kits, you support individuals and families in many ways.

## Impact:

- Support individuals with employment and educational goals by providing essential hygiene supplies
- Aid in the empowerment of individuals and families by allowing them to focus on other goals

Volunteers are responsible for providing some or all of the following items in each kit:

- Deodorant and baby wipes
- Toothbrushes and toothpaste
- Soap or shower gel
- Shampoo and conditioner
- Shaving cream and razors
- Combs and brushes
- Please refrain from including any item that contain alcohol, such as hand sanitizer and mouthwash.

## Time Commitment:

- This can be a one-time opportunity, or an ongoing commitment
- Length of project varies depending on number of volunteers and number of kits being made



[www.interfaithservices.org](http://www.interfaithservices.org)

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