



# FALL STRESS MANAGEMENT ITEM DONATION LIST

- Ziploc gallon bags
- Playing card packs
- Crossword/sudoku books
- Trail mix
- Beef jerky
- Liquid IV/powder drink packets
- Pop Tarts
- Oatmeal packets
- Fidget Toys
- Coloring books for adults
- Body wipes
- Gum
- Mints
- Razors for shaving
- Deodorant
- Cookies
- Hi-Chews
- Hard candy
- Facemask sheets
- Feminine hygiene products  
(pads, tampons, nail kits, etc.)