



Love. Hope. Purpose.

We have much to be thankful for. God has been faithful in providing for all our needs. But there are others who don't have their needs adequately met – especially those who are 'forgotten' and 'unlovely' in our community.

The following items are typical of our needs for NightShift's nightly outreach programs. **Red highlights our most urgent needs.**

Food items and supplies for our soup kitchen	Garments and supplies for our clothing van
<p><i>Food supplies gratefully accepted in original, sealed packaging only:</i></p> <ul style="list-style-type: none"> • Apple cider powder • Chocolate bars (e.g. Mars, Aero) - no nuts! • Hot chocolate • Coffee (ground/beans) • Coffee creamer • Canned fish (salmon or tuna) • Jam (seedless) • Juice crystals • Juice packs • Ketchup, mustard • Mayonnaise • Peanut butter (smooth) • Snacks (soft bars such as Nutri-Grain®) • Sugar (white) • Iced tea mix • Bottled water • Styrofoam coffee cups (8 oz.) • Ziploc® sandwich bags 	<p><i>Street-appropriate clothing is needed year round, this means no bright colours. Preference is denim and dark colours (blue, black, brown):</i></p> <ul style="list-style-type: none"> • Men's jeans sizes 26 to 34 • Women's jeans sizes 2 to 10 <i>All sizes of men's & women's:</i> • Jackets, coats • Hoodies, sweatshirts • Sweatpants • T-shirts (short and long sleeve) • Underwear, socks • Shoes (runners, boots) • Blankets • Backpacks • Sleeping bags • Towels, face cloths <i>Seasonal:</i> • Gloves, hats, scarves <i>TRAVEL SIZE toiletries for easy distribution:</i> • Combs, brushes • Feminine hygiene products • Razors (disposable, for men & women) • Shampoo • Soap • Tooth paste, brushes



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