

# HOW CAN I HELP?

## MAKE A SENIOR PERSONAL CARE KIT

You can help by putting together a shoebox or gift bag with items for our needy seniors.

### A Complete Senior Personal Care Kit Includes the Following Items:

- 1 Shampoo
- 1 Conditioner
- 1 Lip Balm
- 1 Toothbrush
- 2 Toothpastes
- 1 Dental Floss
- 3 Lotions  
(smaller sizes preferred)
- 4 Bars of Soap or  
Body Wash (1 body  
wash= 2 soap bars)
- 1 Hand Sanitizer



**After putting the care kit together, simply drop it off at HSP to be delivered to needy seniors!**

### **Humanitarian Service Project**

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