



Care Packages

Lend a helping hand from the safety of your home

As Catholic Charities continues to serve the poor and vulnerable during this pandemic, you can help from your home by safely assembling care packages for those in need.

CARE PACKS FOR SENIORS: Many of our seniors are suffering from loneliness and isolation. They need tissues, cleaning supplies, travel size toiletries, blanket/wrap/scarf, cozy non-slip socks, tea bags, crosswords/brainteasers (books or printed out sheets), classic book/novel, individually packaged snacks, travel sized hand lotion.

FOOD PACKS FOR THE HUNGRY: Those who are hungry need non-perishable food and beverages such as cereal, instant oatmeal, peanut butter, jelly, canned/dried meats, beans, tuna, canned fruits/vegetables, canned pasta/soups, mac & cheese, granola bars, hot chocolate, coffee, dried fruit, microwave popcorn, crackers, shelf-stable milk/juice.

CARE PACKS FOR THE HOMELESS: Homeless men and women need everyday supplies such as full or travel-sized deodorant, shampoo, lotion, soap, toothbrush, toothpaste, towel, wash cloth, razors, non-aerosol shaving cream, socks, hair brush, comb, non-alcohol mouthwash, notebook, pen, wallet, small calendar, ball cap, tea, instant coffee.

KIDS LEARNING KIT: Refugee children have very few learning materials at home and would benefit from crayons, pencils, paper, books/workbooks and educational toys (okay if gently used), activity/coloring books, printed-out activity pages, LEGOs, STEM kits, play-doh, stickers, educational DVDs.

CARE PACKS FOR NEW MOMS: New moms urgently need diapers (esp. size 2-3), wipes, baby toys/books, parenting books, blankets/swaddles, baby shampoos/soaps/lotions/creams, newborn/infant clothing (esp 3-12 months).

JOB SEEKERS KIT: Help someone find a job by researching and printing out resume writing tips, lists of employers who are hiring, how to's on writing cover letters and thank you notes, interviewing tips, guidance on navigating unemployment. Include a nice pen, notepad, high quality resume paper.

PLEASE INCLUDE IN ALL CARE PACKS: Everyone would appreciate a mental health boost from a handwritten note/card/picture of encouragement, rosary, prayer card/Bible, printed-out list of helpful resources, books, puzzles, games, activity pages, gift cards. Include double-sided printouts of our critical resources list in English and Spanish.

Feel free to supplement these suggestions with your own ideas. Thank you for caring about those who need our help! Care packages may be dropped off at St. Lucy Food Project, 8426 Kao Circle, Manassas, M-F 9a-3p. Or, to drop off at Christ House, 131 West Street, Alexandria, please email Sister Annie to arrange a time at Aniliza.Juan@ccda.net.

CONTACT

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