

## Shopping List

(non-alcoholic, non-aerosol, new items)

## Medication (not expired)



- Adult pain relievers such as Ibuprofen, Advil or Aleve
- Adult cough syrup, cold/flu tablets
- Cough drops (sugar free too!)
- Children's vitamins
- Vaseline and lip balm
- Antacids (Maalox, Roloids)Foot care (corn pads, nail clippers, shoe inserts, antifungal cream or powder)
- Pedialyte, Enfamil or Similac (with iron)
- Multivitamins, prenatal vitamins
- Vicks Vaporub (child and adult)
- Orajel (child and adult)
- Polygrip
- Eye Drops

## Hygiene (travel size preferred)

- Deodorant, disposable razors and shaving cream
- Hand and body lotions such as Eucerin, Vanicream, and Aquafor
- Toothbrushes and toothpaste (kids too!)
- Hair products (including products for African Americans)
- Sanitary pads and tampons
- Body Wash

## Other

- Baby Diapers (especially size 4 and 5) and Adult Depends
- Baby wipes, bottles, pacifiers, thermometers and teething rings
- Women's and men's winter gloves, hats, socks and underwear
- Sunscreen
- Reading glasses and cases

**Monetary donations are especially welcome.**

Checks can be made payable to:  
HealthEast Foundation Homeless Project  
1690 University Ave. W.  
St. Paul, MN 55104

***Thank you for giving from your heart!***