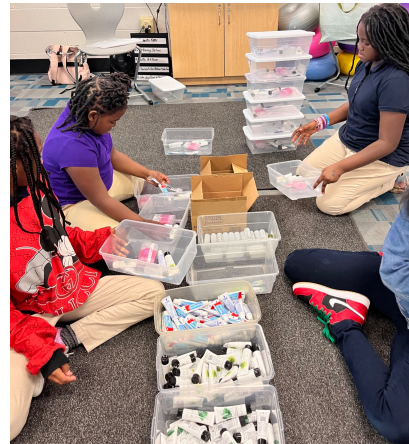


Hygiene Kits

Hygiene Kits are a packed assortment of hygiene products that can be distributed to a number of people in your community. Whether it be through your school, Blessing Boxes, or community centers, there are usually people who need basic hygiene materials. These kits are also a great opportunity to include resources that are available in your area for people in need and consider including an encouragement card to personalize each kit!

- **Area of Care:** Poverty, homelessness
- **Time:** 2-5 hr prep; 1-2 hours execution
- **Sample materials:** reusable bag or Ziploc bag, shampoo, conditioner, wash cloth, comb, body wipes, deodorant, toothbrush, toothpaste, soap ChapStick, menstrual products, band aids, and more
- **Photo:** SIA students assembling hygiene kits



1. Investigate: What kind of hygiene items you would like to include and where you would like to donate them. It can be helpful to reach out to the shelters, community centers, or nonprofits to get a sense of what is needed. Note: different drop-off sites or populations might need different items or might have items they specifically do not need or accept.

2. Prepare:

- Decide what you need and how you will acquire the items (e.g., donations or fundraising?) Create a timeline for gathering items, packing, and delivery.
- How many kits are you trying to distribute? How many items per kit would you like to include? What is the budget you need for fundraising?
- For Donated Items: Are there businesses you can contact to donate (e.g., dentists for toothbrushes or hotels for shower products)? Are there any distributors in the area? Do any organizations already distribute certain items?
- For Buying Items: What supplier/stores would you like to purchase from? What is your fundraising strategy?
- For delivery: Are you handing them directly to individuals? If in your school, how do you keep it discreet? What organizations would make the most impact?

3. Execute:

- Collect items, pack the bags, and check for quality control (bags contain the right number of each item). Write encouragement cards to place in each kit.
- Deliver to your target population or organization.

4. Reflect:

- *Debrief:* As a team, spend 15 minutes discussing how the project went (highs, lows, things you would change).
- *Reflect:* What was the impact on the people who received the kits? What was the impact on you and your teammates? What did you learn (about yourselves, your community)? What leadership skills did you use/improve?

5. Share:

- Report your impact. Think about the number of people served and the impact on the beneficiaries. Also, gather quotes and stories when possible.
- Share: Tell others about your project and the impact made, through social media and your school channels.