

First Step Wish List - Fall 2013

FOOD

powdered milk
cereal
canned chicken, tuna, and other meats
mayonnaise
crackers
spaghetti noodles and sauce
peanut butter
jelly
juice (bottles, packets, and boxes) and
cool aide packets
bottles of Gatorade
bottles of water
coffee (ground), tea bags, hot chocolate
mix
coffee filters, powdered coffee creamer
sugar, artificial sweetener
flour, baking soda, baking powder, and
spices
salt, pepper, salt substitute
cooking oil
cake and brownie mixes, icing
pudding and Jell-O cups
cookies, graham crackers, animal crackers,
and granola bars
ketchup and mustard
microwave popcorn
raisins and other packages of dried fruit

GIFT CARDS

Wal-Mart and Kmart
Shoe Stores (ex. Payless Shoe Store)
Hair Salons (ex. Hair Cuttery)
Grocery Stores (ex. Food Lion)
Gas Stations
Restaurants
Regal Cinemas

NEW APARTMENT ITEMS

*(For residents moving from the shelter
into apartments/houses)*

Electric pump air mattresses, dishes,
utensils, cups, mugs, pots, pans, bowls,
cookie sheets, small appliances, shower
curtains, shower rings, pack-in-plays and
strollers

SHELTER SUPPLIES

Ear plugs, eye masks, and tweezers

toilet paper and paper towels, trash bags (sizes: tall kitchen, large heavy
duty, and small bathroom)

disposable gloves, Clorox or Lysol disinfecting wipes, liquid hand soap
and hand sanitizer

bathroom, toilet, kitchen and oven cleaners, wet and dry Swiffers, dish
detergent, sponges and Mr. Clean dry erasers

laundry baskets and bags, laundry detergent (for high efficiency
washing machines), sensitive skin laundry detergent (used for young
children) bleach, non-chlorine bleach, fabric softener, and spot
remover

storage bags (Ziploc all sizes), plastic food storage containers (all sizes),
aluminum foil and plastic wrap

first aid supplies: kits, antibiotic ointment, peroxide, and Band-Aids

twin size mattress covers, small handmade blankets or quilts

Umbrellas, rain ponchos, Flashlights, alarm clocks, wall clocks, and
personal reading lights

diapers/pull-ups (size 2,3,4,5,6), wipes, children's shampoo and
conditioner, baby manicure sets

Chapstick/lip gloss, deodorant, women's shaving cream, razors, manicure
sets, hair care items (brush, comb, barrettes, clips, ponytail holders),
full-size bottles of hair conditioner, body wash and lotion.

socks, underwear, bras, nightclothes for women (all sizes) and knee highs

OFFICE SUPPLIES

postage stamps, clip boards, paper clips,
binder clips, tape, permanent markers,
batteries (all sizes) , journals, notepads,
envelopes (business) and lined pads of paper



First Step: A Response to Domestic Violence
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United Way Community Partner Agency