

Warm a Heart, Lift a Spirit, Be light in someone's storm.
A Hope and Friendship Foundation Outreach – At-Home Community Service Opportunity

In 1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King Jr. Federal Holiday as a national day of service.

This is the perfect opportunity for Hope and Friendship to get a jump start to our annual “Warm a Heart” outreach, and offer an at-home opportunity for Community Service. We will be gathering in person on Sat. Feb 12th (more details forthcoming), however, prior to that we are inviting all to help us create snack sacks for homeless, seniors, and homebound, and/or gallon bags of goodness for Convoy of Hope to use for their disaster response.

Please follow the directives in filling the brown sacks and gallon bags. All completed sacks/bags can be dropped off to the bin in the entryways of Old Quarry Middle School, or the Lemont Police Department by Friday February 11th.

Please keep track of your time; email for information on who/where to get your Community Service Sheets signed.

Any Questions? Email terri@hopeandfriendshipfoundation.com

Warm a Heart Snack Sack

Consists of:

*3-5 Non-perishable snack bars

*Add a few pieces of hard candy; pack of gum; individual pre-packed bags of nuts, raisins, etc.

*3-5 notes to lift spirits (quotes, kind sentiments, messages of encouragement, etc.) These do not have to be “cards” can be as simple as cut sections of paper

*All packed in a brown lunch sack folded closed (feel free to decorate the bag)

*“Whatever affects one
directly affects all indirectly.”
“Be the Peace you wish to
see in the world.”
~ Martin Luther King, Jr. “*

**Gallon Bag of Goodness
for Convoy of Hope**

Consists of:

- (1) stick of deodorant- regular size
- (1) tube of toothpaste- regular size
 - (1) bar of soap- regular size
 - (1) hand towel
 - (1) comb
 - (1) toothbrush
 - (1) trial size of shampoo 3 oz.

• All placed within a gallon size Ziploc style bag

****Seal top of liquid items with packing tape**

****All items must be new**

**DO NOT INCLUDE NOTES, MONEY,
OR ANY ADDITIONAL ITEMS**



www.hopeandfriendshipfoundation.com

Hope & Friendship Foundation is a 501C3 Public Charity

Hope and Friendship is offering a “at-home” Community Service opportunity to help us get a jump start to our annual “Warm a Heart” outreach. We will be gathering in person on Sat. Feb 12th (more details forthcoming), however, prior to that we are inviting all to help us create snack sacks for homeless, seniors, and homebound, and/or gallon bags of goodness for Convoy of Hope to use for their disaster response.

Please follow the directives in filling the brown sacks and/or gallon bags. All completed sacks/bags can be dropped off to the bin in the entryways of Old Quarry Middle School, or the Lemont Police Department by Friday February 11th. Please keep track of your time; email for information on who/where to get your Community Service Sheets signed.

Any Questions? Email terri@hopeandfriendshipfoundation.com



Warm a Heart Snack Sack

Consists of:

- *3-5 Non-perishable snack bars
- *Add a few pieces of hard candy; pack of gum; individual pre-packed bags of nuts, raisins, etc.
- *3-5 notes to lift spirits (quotes, kind sentiments, messages of encouragement, etc.) These do not have to be “cards” can be as simple as cut sections of paper
- *All packed in a brown lunch sack folded closed (feel free to decorate the bag)



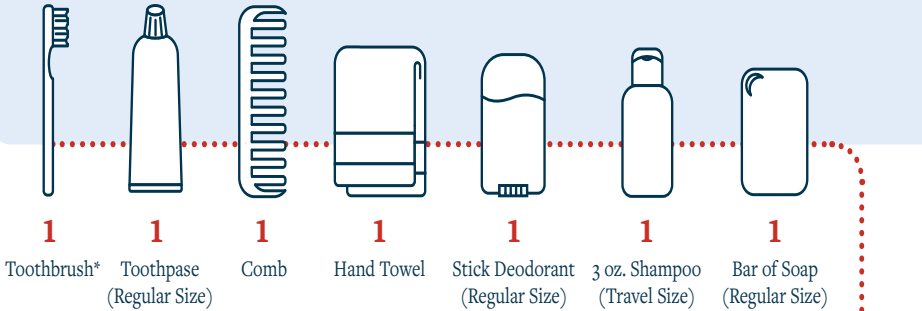
www.hopeandfriendshipfoundation.com

Hope & Friendship Foundation is a 501C3 Public Charity

Hygiene Kits

 **CONVOY OF HOPE®**

WHAT GOES IN A HYGIENE KIT?



PROJECTS INSTRUCTIONS

1. Please register your project online prior to packing.
2. Gather materials.
3. Use packing tape to secure the lids of the liquid items.
4. Place kit items in the resealable plastic bag, and zip it closed.
5. Shipping is the responsibility of those packaging the kits.

PLEASE NOTE

- All items must be new.
- Toothbrushes must be in original individual packaging.
- No powders or aerosols.
- Do not include money or personal notes.

