

CRISIS INTERVENTION SERVICE

CIShelps.org

PANTRY NEEDS

Individually Wrapped Snacks | Fruit Cups | Pudding Cups | Soup
Microwave Meals | Crackers | Hamburger Helper | Tuna | Cereal
Peanut Butter | Mac & Cheese Cups | Juice | Microwave Popcorn
Bottled Water | Garden Produce

HOUSEHOLD NEEDS

Toilet Paper | Paper Towels | Garbage bags (13 and 39-gallon)
All-Purpose Cleaners | Sponges | Dish Soap | Toilet Bowl Cleaner
Toilet Bowl Brushes | Laundry Detergent | Sheet Sets (full & twin)
New Bed Pillows | Pots & Pans | Dishes | Bakeware | Silverware
Kitchen Utensils | Glasses | Kitchen Towels | Bath Towels
Small Appliances (mixers, toasters, coffee pots, microwaves)
Furniture | Lamps | Clocks | Shower Curtains & Rods |
New Area Rugs | Sleeping Bags | Fans | Air Conditioners

CLOTHING & PERSONAL PRODUCTS

New socks | Sports Bras (M – XXXL) | New Women's Underwear
(bikini or hipster) | Baby Wipes | Deodorant | Body Lotion
Tampons | Full-size Shampoo & Conditioner | Full-size Toothpaste
Diapers (size 5 | Pull-ups (3T, 4T) | Bug Spray | Sun Screen

GIFT CARDS & ACTIVITIES

Gas stations | Grocery stores | WalMart/Target | Restaurants
Fitness Centers | Movie Theaters | Bowling | Oil Changes
Car Repairs | Hair Cuts | Manicure/Pedicure

HOLIDAY GIVING

Provide holiday gifts or a meal for an individual or family in need.
Contact Ann at 641-424-9133 or Ann@CIShelps.org for more
information.

Crisis Intervention Service promotes a society free from violence and oppression through social change, effective community partnerships, and awareness.

The mission of Crisis Intervention Service is to provide persons affected by domestic violence, sexual assault, and homicide with professional, confidential, 24-hour services, including safety & support, and to prevent violence in our communities through education.

SPRING NEEDS LIST

