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| **CRISIS INTERVENTION SERVICE**  **CIShelps.org** | WINTER NEEDS LIST |
| **PANTRY NEEDS**  Individually Wrapped Snacks | Fruit Cups | Pudding Cups | Soup Microwave Meals | Crackers | Hamburger Helper |Tuna | Cereal  Peanut Butter | Mac & Cheese Cups | Juice & Juice Boxes  Microwave Popcorn | Bottled Water |
| **HOUSEHOLD NEEDS**  Toilet Paper | Paper Towels | Kleenex | All-Purpose Cleaners  Garbage bags (13 and 39-gallon) | Dish Soap | Toilet Bowl Cleaner Laundry Detergent | Mattress Pads (full & twin) |Pots & Pans Bakeware| Silverware Kitchen Utensils | Glasses | Kitchen Towels Bath Towels | Vacuum Cleaners | Waste Baskets | New Area Rugs  Small Appliances (mixers, toasters, coffee pots, microwaves)  Furniture | Lamps | Clocks | Shower Curtains & Rods | Brooms |
| **CLOTHING & PERSONAL PRODUCTS**  New socks | Sports Bras (M – XXXL) | New Women’s Underwear (bikini or hipster) | Baby Wipes | Deodorant | Body Lotion  Body Wash |Regular Size Tampons | Full-size Shampoo & Conditioner  Full-size Adult Toothpaste | Adult Pain Reliever | Razors  Diapers (size 6) | Pull-ups (3T/4T, 4T/5T) | Hats, Gloves & Mittens |
| **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](mailto: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.* |  |