United Way of the Mid-South offers a wide variety of high-energy, high-impact volunteer events, designed to be both engaging and inspiring. Sometimes you just can't get away, but you want to serve in some way... Well, we have the answer! Join us in helping build the capacity of our local nonprofit sector and assist those in need through our Blue Tote Bags Initiative.

Contact us at volunteer@uwmidsouth.org to get your bag(s) TODAY!

# **FOOD/PANTRY DRIVES**

Non-Perishable Foods: canned beans, peanut butter, oatmeal, canned juice, canned vegetables, soup, canned tuna or chicken, nuts, shelf-stable milk, whole grain rice and pasta, cereal, olive or canola oil, dried fruits, granola bars, chicken stock, beef and vegetable broth, pudding cups, etc.

Household Supplies: paper products, dish soap, dish towels, cookware, dishes, kitchen utensils, toothpaste, shampoo, soap, etc.

## United Way agencies that can use these items:

Catholic Charities, Friends for Life, Feeding Favette, Olive Branch Community Food Ministry, Sacred Heart Southern Missions, Samaritans

# **HYGIENE KITS**

#### Items needed:

Adult Kits: shampoo, soap, washcloths, small make-up bags, toothbrushes, toothpaste, floss, deodorant, lip balm, feminine hygiene products, journal books, pens. Children's Kits: children's shampoo, brush/comb, small stuffed

animals, children's book, crayons, coloring books.

## United Way agencies that can use these items:

American Red Cross, Grace House, Fayette Cares, Memphis Recovery Centers, Inc., The Salvation Army, Synergy

# **SCHOOL SUPPLIES**

## Items needed:

3-ring binders, calculators, colored pencils, composition notebooks, copy paper, crayons, earbuds, folders with pockets, glue sticks, hand sanitizer, ink pens (black, blue, red), loose leaf paper, pencils, pencil bags, spiral notebooks, tissue.

## United Way agencies that can use these items:

School Seed, Local Schools

901.433.4300 | 1005 Tillman Street | Memphis, TN 38112

# UWMIDSOUTH.ORG

## **EARLY CHILDHOOD DEVELOPMENT**

## Items needed:

Children's books, flashcards, puzzles, board games, educational toys, letter magnets, new stuffed animals, backpacks, arts & crafts kits, dry erase boards and markers, construction paper, crayons and coloring books

## United Way agencies that can use these items:

Porter-Leath, Knowledge Quest, LeBonheur Early Intervention and Development, Hope House

## DISASTER RELIEF

## Items needed:

Diapers, wipes, lip balm, combs/brushes, shampoo/conditioner, deodorant, feminine hygiene products, first aid items, lotion, razors, sanitizers, reusable water bottles, soap, socks, sunscreen, toothbrushes/toothpaste, underwear, washcloths, towels, blankets

## United Way agencies that can use these items:

American Red Cross, Fayette County Technical Rescue Team

# **COMFORT KITS**

#### Items needed:

Sheets, towels, kitchen items, blankets, socks, house slippers, reading glasses, scarves, devotional/inspirational books, handwritten encouraging notes, hand soap, lotion, seasonal items

## United Way agencies that can use these items:

Memphis Jewish Home, Meritan, Tipton County and **Fayette County Commission on Aging** 

# **WEEKEND BACKPACK MEALS**

## Items needed:

Backpacks, canned proteins (tuna, chicken), peanut butter, granola bars, pudding packs, spaghetti/sauce, canned beans, whole grain rice and pasta, cereal, oatmeal, packaged fruit in water/juice

## United Way agencies that can use these items:

Mid-South Food Bank (serving Boys & Girls Clubs, Girls Inc. and others)

# **BASICS FOR BABIES**

### Items needed:

New mother books, diapers, wipes, baby ointment, burping cloths, bibs, thermometers, hand sanitizer, tissue.

## United Way agencies that can use these items:

Children and Family Services, Harwood Center, Inc., Hope House, Porter-Leath