

# Shoebox Guidelines (No two boxes will be the same)

Have fun! Use your imagination and fill your box with the things you feel that an elderly/disabled person would need, could use, or may enjoy. Individual item donations and completed boxes may be left at any donation station or box.

- ❖ Want to help but don't have time to shop? Cash/check donations may be made at the Donation Station (The Depot Long Beach), CCAP (Ilwaco). Please make checks payable to Shoeboxes of Joy.
- ❖ A full box, with as large a variety as possible, makes the best box.
- ❖ **Boxes should be wrapped top and bottom separately.** Some elderly/disabled people have a hard time opening the gift if it is wrapped shut.
- ❖ Mark your box for Man, Woman, or Either. Indicate if it is for a diabetic or includes pet items with type of pet.

<u>Shoeboxes should contain if possible:</u>	<u>Don't: (When in doubt, don't put it in)</u>
<u>Food Products</u>	<u>Food Products</u>
<ul style="list-style-type: none"> <li>• Food products should be able to be heated and eaten from the package. Many do not have the ability to cook.</li> <li>• Servings individually wrapped</li> </ul>	
Soup Chowders Chili Prepared, canned pasta meals Chicken or tuna salad & crackers, Cookies Crackers Granola bars, fiber bars, protein bars Individual pudding cups Fruit cups Applesauce Individual boxed juice, Ensure, Boost Wrapped Candy, chocolates	<ul style="list-style-type: none"> <li>✓ No food products that are past the pull date.</li> <li>✓ No open or partially used containers or products.</li> <li>✓ No packages that need to be opened and repackaged for distribution (large packages of cookies or bags of unwrapped candy)</li> <li>✓ Avoid items high in sodium and low in food value such as Top Ramen</li> </ul>
<u>Personal Care</u>	<u>Personal Care</u>
<ul style="list-style-type: none"> <li>• Smaller sizes work best as they are not too heavy for the elderly/disabled to lift and fit better in a shoebox</li> </ul>	
Shampoo and conditioner Soap – Bar or Liquid Deodorant Body Wash Razors (with plastic covers) After shave, shaving cream Dental or denture care Nail care –clippers, files Hair care – brushes, combs Small gift packs of perfumes, lotions and body wash, or shave lotion, after shave	<ul style="list-style-type: none"> <li>✓ No open sharps (needles, razor blades, etc.)</li> <li>✓ No open or partially used containers or products.</li> <li>✓ No hotel lotion, shampoo, soaps</li> <li>✓ No over the counter medications including pain relievers, cough drops, cough syrup, and medicated lotions and rubs</li> </ul>
<u>Gift and other items</u>	<u>Gift and other items</u>
Hat, gloves, socks, and/or scarf Crossword puzzle book, word find book, Note pads, pens or pencils Postcards or note cards with envelopes, include postage Deck of cards Small decorative items Flashlight, 2 batteries	<ul style="list-style-type: none"> <li>✓ No items that have or will have an open flame (candles, lanterns)</li> <li>✓ No used or damaged items</li> </ul>
<p><b><u>Diabetic boxes</u></b> should contain the same items as other boxes with the exception that candy, pudding, fruit, etc. should be sugar free. Choose foods that are high in fiber, low in calories and moderate in carbohydrates and protein.</p>	