

## **GRASSROOTS NEEDS YOUR HELP**

Grassroots is a 24 hour resource to individuals and families in need of immediate assistance with a personal, mental health, family, or shelter crisis. They are seeking donations of any or all of the items listed below. Items can be dropped off any time at their main location at 6700 Freetown Road in Columbia.

**Meals Needed** Grassroots has already spent all of the money in its food budget and there are still three months left in the fiscal year! Prepared dinner meals for Grassroots' 50 residents can be scheduled or brought in frozen to be used when needed. Contact Kitchen Manager Dorothy Howard, 410-531-6006, [dorothyh@grassrootscrisis.org](mailto:dorothyh@grassrootscrisis.org), for more information and to schedule a meal.

### **Immediate Needs - The following are items that we particularly need this month:**

#### **In the Kitchen:**

- Large size apple and grape juice
- Snack foods for after school (puddings, apple sauce, granola bars, canned fruit, chips, Capri sun drinks etc.)
- Ground Coffee for Automatic Drip Coffeemakers
- Canned soups and microwavable meals
- Sugar, Splenda, and coffee creamer

#### **In the Shelter:**

- Hypo-allergenic baby wipes (for our newborn)
- Sunscreen
- Diapers (Size 3)
- Toothbrushes and toothpaste
- Clorox or Lysol Wipes
- Laundry detergent and bleach
- Body Wash (Full Size)
- Deodorant for men and women

#### **For Crisis Services:**

- For Crisis Pantry: Progresso soups, shelf stable milk, jelly, tuna, pasta, pasta sauce, canned fruit.
- \$10-\$20 Gas Cards for walk-in clients needing help with gas to get to work
- 10-\$20 Gift Cards to Giant or Walmart for walk-in clients needing food

Thank you for your support. Please check back next month as our immediate needs change regularly. If you have any questions, please contact the Shelter Office at 410-531-6006.

<http://www.grassrootscrisis.org/ways-to-give/in-kind-donations/>