

Filling Boxes of Hope Instructions and Contents List

Please return boxes to the church by Sunday, September 20.

Instructions – Please Read Carefully

- Choose “Baby,” “Food,” or “Hygiene” and check the appropriate box on the side of the Box of Hope.
- Place all liquid items in gallon sized, freezer zip lock bags.
- Don’t over pack boxes so they do not bulge.
- Evenly distribute the heavy items. Preferably in the corners and in the center.
- Do not pack any aerosol cans of any kind.
- Generic brands are fine. It is better to fill more boxes than to buy expensive products in this context.
- You should be able to fill a box for less than \$50.00
- Be sure to mark the box indicating the type of contents inside.
- Do not pack perishable foods
- Always tape the top and bottom of the box to prevent inadvertent opening or tearing.

Baby Contents (Sizes are Approximate)

- 1 Jumbo package of diapers – Size 3
- 1 Tub (80 ct) of baby wipes
- 1 Box (16 oz) of rice cereal
- 1 Can (32 oz) of powdered formula
- 3 Baby Bottles
- 1 Bottle (15-20 oz) of baby lotion
- 1 Bottle (15-20 oz) of baby wash or shampoo
- 1 Tube (1-3 oz) of diaper rash ointment
- 1 Bottle of baby Tylenol
- 1 Package of Pacifiers
- 4 Baby washcloths

If there is room for a small toy or book, please feel free to add it to the contents

Hygiene Contents (Sizes are Approximate)

- 8 Bars of soap
- 4 Toothbrushes
- 1 Tube of toothpaste
- 1 Bottle of mouthwash (family size)
- 1 Hairbrush
- 1 Comb
- 2 Container of unscented deodorant
- 1 Container (6-8 oz) of mosquito repellent
- 1 Box band aids
- 10 Disposable Razors
- 1 Large package of sanitary napkins/tampons
- 1 Bottle of antibacterial hand sanitizer
- 1 Bottle (60 ct) of pain reliever (Ibuprofen, Tylenol, Advil)
- 2 Rolls of toilet tissue
- Dental Floss
- 5 New washcloths

Food Contents (Sizes are Approximate)

- 3 Boxes of macaroni and cheese
- 2 Bag (1 lb) of rice
- 2 Bag (1 lb) of beans
- 1 Container (18-20 oz) of fruit drink mix
- 1 Squeeze bottle of jelly
- 1 Plastic jar (18 oz) of peanut butter
- 1 Plastic jar (18 oz) of dry roasted peanuts
- 1 Bag (6 oz) of spaghetti noodles
- 1 Box of breakfast bars
- 1 Box of protein or granola type bars
- 1 Inexpensive can opener
- 4 Cans (10 oz) of soup
- 3 Cans (15 oz) of vegetables

- 6 Cans of tuna or canned meat **and** 1 Box (12 oz) of crackers