

Rejuvenating Women List of Needs Updated January 2019

Top Three Priorities

- Weekly perishable foods (eggs, milk, cheese, apple/orange juice, low-sugar cereals and oatmeal, chicken, beef, pork, bacon, lunchmeat, bread, yogurt, various fresh fruits and vegetables)
- Gas cards
- Medication stipends and/or CVS/Walgreens gift cards (see medication section below for specifics)

Personal Items

- Full-sized Lotions and shower gel
- Chap stick
- Deodorant
- Full-sized shampoo and conditioner (for all races)
- African-American hair products
- Tampons/ pads
- Disposable Razors
- Luggage
- Umbrellas

Cleaning Supplies

- Clorox wipes
- Dish sponges
- Microfiber rags
- Windex
- Laundry detergent/softener/dryer sheets
- Dish soap
- Dishwasher detergent
- Toilet paper

- Paper towels
- 30-gallon Trash Bags
- Daily Shower Cleaner (Scrubbing Bubbles)
- Toilet bowl cleaner
- OFF bug repellent
- Shout stain treatment
- Air freshener
- Oven cleaner

Kitchen

- Aluminum Foil
- Saran wrap
- Sandwich bags
- Gallon bags
- Wax paper

Medication/First Aid

- Allergy medicine
- Cough medicine (both liquid and cough drops)
- Melatonin
- Ibuprofen
- Tylenol
- Benadryl
- Flu Medicine
- Pepto Bismol/Tums
- Roloids
- Milk of Magnesia
- Band-aids
- Neosporin
- Itch cream
- Sunscreen
- Migraine reliever
- Aleve
- Hydrogen peroxide
- Multivitamins

Gift cards/Passes

- Bus passes
- Movie gift cards
- Grocery store gift cards
- Walmart gift cards

- Amazon gift cards

Entertainment

- PG movies
- Appropriate Wii games
- Adult, but appropriate board games
- Adult coloring books
- Gel pens/ coloring pencils
- Paints

Other

- Stationary sets (cards and envelopes)
- Stamps (the women love sending letters to their support system)