



### Outreach Bags

Thank you so much for helping to support our outreach by preparing bags. The following is a list of what goes in an outreach bag, in brackets we have put how much of that item is put in a bag. If you have any questions, please do not hesitate to contact us:

- Gum (1 pack)
- Moist Towelettes, individually wrapped, no water needed. The kind generally given is called Moist Wipes. A box of 24 wipes for \$1.25 at Dollarama. (1-2 wipes)
- Band-Aids (3)
- Hand Sanitizer (purse-sized packages) (1)
- Lip Balm (1)
- Hair Elastics (2-3)
- Safety Pins (3)
- Tampons (1)
- Personal-sized packages of tissue (1 package)
- Mini-sized chocolates bars (3)
- Bobby pins (3)

We generally purchase the bags ourselves, using satin bags that can be purchased at Dollarama for \$1.25-\$1.50. If you would like to purchase the bags or make similar bags, please let us know and we can give you the dimensions.

We also include with the items listed above program information and Public Health items.