

VALOR DONATIONS NEEDED

Donated items are needed to distribute for our Homeless Vets in Monroe County.

ITEMS NEEDED

- 2 man dome tent
- Sleeping bag rated to zero degrees
- Weather proof insulated coat and pants
- Warm Underwear and socks
- Weather proof insulated gloves and fleece hat
- Insulated weather resistant boots 800 grams or more.
- Back Pack

FOOD for homeless people requires special consideration. First, they suffer from malnutrition. It should provide protein, vitamins and minerals. Second they don't have kitchens. It needs to be accessible without a can opener and not need refrigeration AFTER opening. REMEMBER Plastic cups will crush. Canned fruits and vegetables, canned meats like Dinty Moore, tuna or meat-based soups and peanut butter in plastic jars. Here is an example of what to include in a bag of food:

- 2 cans tuna or salmon
- 6 pack small cans of fruit
- Jar Peanut Butter
- 3 cans meat based soup with veggies
- Can Dinty Moore Stew
- Six pack 12 oz V8 fruit or vegetable juice

HYGIENE items are always important. Think about access to facilities when you select items. For example, hand sanitizers that don't need water are important.

- Soap/body wash
- Shampoo
- Toothpaste, toothbrush and floss
- Comb
- Deodorant
- Foot powder
- Nail care

If you have other items you would like to donate to the organization or questions about what we need or how you can help by donating your time or services, please call 570.994.5188 or e-mail us valorclinic@facebook.com.

