

Issue Areas:  
Homelessness,  
Poverty



## Homeless Care Kits

According to the U.S. Department of Housing and Urban Development, on a single night in 2017, 553,742 people were experiencing homelessness in the United States. For every 10,000 people in the country, 17 were experiencing homelessness. Approximately two thirds (65%) were staying in emergency shelters or transitional housing programs, and about one third (35%) were in unsheltered locations.

You can help the homeless by making Homeless Care Kits to help nourish their bodies with food and personal hygiene items.



### What You Need

- Hygiene items such as: shampoo, a razor, deodorant, a toothbrush, toothpaste, a comb, a bar of soap, and tissues.
- Food items such as: granola bars, crackers with peanut butter, trail mixes, dried fruits, and a bottle of water.
- Bags such as inexpensive recyclable bags that can be reused by the homeless.



### How You Do It

1. Decide what items you want to put in care kits and purchase items.
2. There are some online "dollar stores" where you can purchase items in bulk at bargain prices.
3. Purchase items and assemble care kits in bags.
4. You can either donate to a local homeless shelter or keep some bags in your car to distribute to the local homeless.



### Before the project

#### READ ONE OF THESE BOOKS.

*A Shelter in Our Car* by Monica Gunning  
Zettie and her Mama left their warm and comfortable home in Jamaica for an uncertain life in the United States. With Papa gone, Mama can't find a steady job that will sustain them and so they are forced to live in their car. But Mama's unwavering love, support, and gutsy determination give Zettie the confidence that, together, she and her mother can meet all challenges. Monica Gunning's moving and authentic story about homelessness in an American city was developed with the help of the Homeless Children's Network in San Francisco.

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***Fly Away Home by Eve Bunting***

A homeless boy who lives in an airport with his father, moving from terminal to terminal trying not to be noticed, is given hope when a trapped bird finally finds its freedom.

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