



### **Helpful Donations**

**Looking for ways to give back?** Here is a list of items that would help improve our services and our clients' wellbeing.

#### Financial Donations:

We can accept cash, cheque, money orders, marketable securities, life insurance, planned gifts.

You can also donate online through [CanadaHelps.org](http://CanadaHelps.org)

#### Financial Donations are sought to provide for:

- Capital building – renovations or building
- Capital equipment such as treatment room beds, physical activity equipment
- Provision of services for those clients unable to cover costs

#### Physical Activity Equipment:

- Ice Skates – all sizes, child & adult
- New hockey helmets – for children of all ages to be used for ice skating
- Skipping Ropes, soccer balls, basketballs, etc.

#### Basic Necessities:

- Clothing, Coats, Footwear (gently used)
- Kitchen Items – slow-cooker, blender, school lunch bags, etc.
- Toiletries

#### Healthy Food:

- Perishable food accepted on Monday mornings
- Non-perishables accepted anytime during business hours. These items are usually in high need:
  - Canned fruits or vegetables
  - Canned fish or meat
  - Dry rice and other grains
  - Tomato sauce
  - Lentils and other canned or dried legumes, beans
  - Cans of soup or hearty stew
  - Powdered, canned or tetra pack milk or milk alternative
  - Crackers
  - Cereal
  - Dried fruits, nuts, seeds (e.g. pumpkin seeds, sunflower seeds)
  - Peanut butter and wow (soy) butter
  - Rolled Oats and single serving instant oatmeal
  - Milkshakes that do not need to be refrigerated
  - Other healthy snack items i.e. unsweetened applesauce, granola bars with greater than 3 grams of fibre/serving

#### Gardening Program Supplies:

- Pantyhose (new) – these are cut up to hold up tomato plants in the garden

- Garden tools
- Vegetable seeds
- Bagged manure/compost (accepted in spring & fall)
- Raised garden boxes (please speak with staff about specifications)

#### Mobility Products and Assistive Devices

- New or used medical equipment: bathroom safety equipment (shower chairs/raised toilet seats), walkers, canes, crutches, etc.

#### Miscellaneous:

- Books for lending library
- Journals or notebooks
- Prizes, promotion incentives: stress balls, slinkies, yo-yo, adult colouring books, pencil crayons, etc.
- Re-usable & stackable shopping bins
- Coffee, tea

#### **Notes:**

Please drop-off items at our main site in Markdale or contact us about alternate arrangements.

For financial donations,

- Make cheque payable to: South East Grey Community Health Centre
- South East Grey Community Health Centre is a Registered Charity.
- Receipts will be issued for financial donations.
- Following the Board policy a receipt will be issued within three days of receipt of the donation.
- For further information, please contact Allan Madden, Executive Director or Cindy Sabo, Manager of Finance, or Lindsay Boyd, Office Administrator.