

## **SUPPORTIVE ACTIVITIES**

### **Group Fundraising**

Trivia Nights, Dress Down Days and Pot Luck Lunches are samples of activities that departments or agencies may organize to benefit the Neighborhood Ministry. Collected donations are used to leverage with other organizations to pay rent, gas, electric and prescriptions when no other funds are available for their clients in need.

### **Group Collections**

Items collected are distributed in the community through health and social services agencies such as Food Pantries and Medical Clinics. Some of the most requested items are listed below.

Please call St. John's Mercy Neighborhood Ministry, 314-865-0927, if you are interested in holding a collection drive or if you have any questions.

- **Personal care items**

- Bath soap
- Body lotion
- Chapstick/lip balm
- Cotton swabs
- Deodorant
- Disposable razor
- Feminine hygiene products
- Hair Conditioner
- Mouthwash
- Paper towels
- Shampoo
- Shaving cream
- Sunscreen
- Tissues
- Toilet cleaner
- Toilet paper
- Toothbrush
- Toothpaste
- Vaseline

- **Cleaning products**

- Air freshener
- Dish soap
- Floor cleaner
- Furniture polish
- Laundry detergent
- Sponges

- **First aid needs**

- Acetaminophen
- Antacids
- Antibiotic ointment

Band-aids  
Hydrogen peroxide  
Ibuprofen

- **Household items**

Batteries: AA, AAA, D and 9-volt  
Flashlights  
Light bulbs  
Night lights

- **Winter/weather related clothing items**

Knit stocking caps  
Scarves  
Warm thick socks  
Warm/waterproof gloves

- **Adult puzzle & game books**

Crosswords  
Word search  
Sudoku

- **Healthy food items**

Fruits & Vegetables

Lite or no sugar added fruits canned  
in water rather than syrup  
Low sodium or no salt added  
canned vegetables

Soups, Pastas & Sauces

Low sodium soups  
Low sodium spaghetti sauces  
Whole wheat or low fat pastas

Snacks

Air-popped popcorn  
Graham Crackers  
Granola bars  
Soy crisps  
Sugar-free Jell-O  
Sugar-free pudding  
Sugar-free snacks  
Unsalted crackers  
Unsalted nuts  
Unsalted snacks  
Vanilla Wafers

Drinks

Crystal Light drink mix  
Diet soda

Baking/Cooking

Equal artificial sweetener (contains no  
sodium)  
Mrs. Dash seasonings/flavoring  
No-salt seasonings/spices  
Sodium-free baking powder

Condiments (Low carb/low cal/sugar  
free):

Jellies/Jams  
Ketchup  
Lite mayonnaise  
Low cal salad dressings  
Maple syrup  
Pickles  
Relish  
Taco sauce/salsa

- **School supplies**
- **Non-prescription reading glasses**
- **Gently-used Halloween Costumes**
- **Pet food**