

CRISIS INTERVENTION SERVICE

CIShelps.org

PANTRY NEEDS

Individually Wrapped Snacks | Fruit Cups | Pudding Cups | Soup | Microwave Meals | Crackers | Hamburger Helper | Tuna | Cereal | Peanut Butter | Vegetable Oil | Cakes Mixes | Frosting | Juice | Microwave Popcorn | Bottled Water

HOUSEHOLD NEEDS

Toilet Paper | Paper Towels | Garbage bags (13 and 39-gallon) | All-Purpose Cleaners | Sponges | Dish Soap | Toilet Bowl Cleaner | Laundry Detergent | Sheet Sets (full & twin) | Pillows | Pots & Pans | Dishes | Bakeware | Silverware | Kitchen Utensils | Glasses | Kitchen Towels | Small Appliances (mixers, toasters, coffee pots) | Bath Towels

CLOTHING & PERSONAL PRODUCTS

New socks | New Women's Underwear (bikini or hipster) | Hoodies | Sweatpants/Leggings | Sports Bras (M – XXXL) | Baby Wipes | Cleaning Gloves | Deodorant | Shampoo | Hair Conditioner | Body Lotion

GIFT CARDS & ACTIVITIES

Gas stations | Grocery stores | WalMart/Target | Restaurants | Fitness Centers | Movie Theaters | Bowling | Oil Changes | Car Repairs | Hair Cuts | Manicure/Pedicure | Fidget Toys

HOLIDAY GIVING

Provide holiday gifts or a meal for an individual or family in need. Contact Ann at 641-424-9133 or Ann@CIShelps.org for more information.

Crisis Intervention Service promotes a society free from violence and oppression through social change, effective community partnerships and awareness.

The mission of Crisis Intervention Service is to provide persons affected by domestic violence, sexual assault and homicide with professional, confidential, 24-hour services, including safety & support, and to prevent violence in our communities through education.

FALL NEEDS LIST

