

CRISIS INTERVENTION SERVICE

CIShelps.org

PANTRY NEEDS

Individually Wrapped Snacks | Fruit Cups | Pudding Cups | Soup
Microwave Meals | Crackers | Hamburger Helper | Tuna | Cereal
Peanut Butter | Mac & Cheese Cups | Juice & Juice Boxes
Microwave Popcorn | Bottled Water

HOUSEHOLD NEEDS

Toilet Paper | Paper Towels | Kleenex | All-Purpose Cleaners
Garbage bags (13 and 39-gallon) | Dish Soap | Toilet Bowl Cleaner
Laundry Detergent | Mattress Pads (queen, full, twin)
Twin Sheets Sets | Zippered Cotton Pillow Protectors (standard size)
Pots & Pans | Bakeware | Glasses | Kitchen Towels | Bath Towels
Vacuum Cleaners | Waste Baskets | New Area Rugs | Furniture
Lamps | Clocks | Shower Curtains & Rods | Brooms
Small Appliances (mixers, toasters, coffee pots, microwaves)

CLOTHING & PERSONAL PRODUCTS

Back Packs | Tote Bags | Sports Bras (M – XXXL) | Deodorant
Body Lotion | Body Wash | Tampons | Adult Pain Reliever
Full-size Shampoo & Conditioner | Baby Wipes | Diapers (size 6)
Pull-ups (3T/4T, 4T/5T)

GIFT CARDS & ACTIVITIES

Gas stations | Grocery stores | WalMart/Target | Restaurants
Fitness Centers | Movie Theaters | Bowling | Oil Changes
Car Repairs | Hair Cuts | Manicure/Pedicure | Adult Bicycles
Bike Locks | Pet Care/Temporary Boarding | Cat & Dog Food

HOLIDAY GIVING

Provide holiday gifts or a meal for an individual or family in need.
Contact Kassi at 641-424-9133 or Kassi@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 education to prevent violence in our communities.

SPRING NEEDS LIST

