

HHART 8&9 Items for Distribution By Jennifer Simpson in the Dominican Republic

Please sign up for any items you are comfortable donating!

| Items | Name |
|---|------|
| One 53L Rubbermaid Roughneck Tote (available at walmart and Canadian Tire) | |
| 6 cloth diapers | |
| One School Backpack for youth age 8 to 16 | |
| 1 set single, double or queen bed sheets and pillowcases (can be gently used) | |
| 12 colouring books | |
| 2 dozen (8pack) boxes of crayons | |
| 3 skipping ropes (double dutch size) | |
| 6 rubber balls or soft throwing items to play catch with | |
| Three Full Sets of Math Flash Cards (available at Walmart) | |
| One Ladies gently used medium length summer dress | |
| 2 Senior ladies gently used large bras | |
| 2 pairs mens gently used dress pants (34" waist or less) | |
| 10 pregnancy tests | |
| 5 large container Tylenol, Ibuprofen, or Aspirin | |
| 4 or more infant cough syrups (200ml+) | |
| Four or more Adult Cough Syrups (200ml+) not cough drops | |

| Items | Name |
|--|------|
| Four or more Nasal Decongestant Sprays (30ml+) | |
| Four or more boxes of cough & cold or cough & phlegm tablets | |
| Three Jars Vicks Vaporub (100g +) | |
| Four Boxes Baby Aspirin or Tylenol (200ml + tabs) | |
| Four Tubes Topical Arthritis gel/creams (100g +) | |
| Six Tubes Polysporin Ointment | |
| Antacids (Tums, Gaviscon, Roloids etc) No liquid! | |
| 5 large containers children's chewable vitamins or pre-natal vitamins (no gummies they melt or liquids) | |
| Adult multi vitamins (no liquids or gummies they melt) | |
| 5 bottles Vitamin C capsules/tablets/chewables | |
| 5 bottles zinc capsules | |
| 15 bottles or boxes probiotics (heat stable) Saccharomyces Boulardii or Lactobacillus/ Bifidobacterium blends) | |
| 5 bottles Vitamin A or beta carotene | |
| 10 bottles Magnesium capsules or powder (no liquid) | |
| 10 bottles Folic Acid capsules | |
| 10 bottles Antibiotic ear drops | |
| many Non-steroidal eye drops | |
| Anti-itch cream | |
| Corticosteroid creams | |

| Items | Name |
|---------------------------------------|------|
| Anti fungal creams | |
| Melatonin 1-3mg capsules | |
| Vitamin B12 | |
| B Complex | |
| Lysine | |
| Many bottles iron | |
| Vitamin B6 | |
| protein powder/bars (soy, whey, rice) | |
| Ginger or anti-nausea pills | |
| Garlic pills | |

Donations

HHART is a self-funding organization. The more we raise, the more we can do. All donated money goes towards HHART 8&9 projects and activities. Money raised will purchase medicine, medical and dental supplies, and materials needed for community development initiatives such as home construction and repairs, playground rehabilitation, and so much more. Donations are critical to our missions success:

Here are some examples of what a donation can buy:

Mattresses \$50

Goats \$125

Chickens \$15

Rubber work boots \$10

and other medical, dental supplies and incidentals

* Cheques can be made out to Jennifer and cash given to Jennifer are then e-transferred to our treasurer in BC. Donors can also contribute through PayPal using the link at www.HHART.info.

* All items and donations can be given to Jennifer Simpson at meetings or she can arrange to pick items up as well.



Thank You For Your Support!

