

# THE ESSENTIALS.

Church groups, corporations and individuals often ask how they can provide the Girls Hope scholars with essentials and basic supplies. Below is a brief list of items that serve to support our scholars, which we greatly appreciate receiving from friends and supporters.

## PAPER PRODUCTS

- Toilet Paper
- Paper Towels
- Napkins
- Paper Lunch Bags
- Tissues
- Cotton Balls
- Cotton Swabs
- Plastic Storage Bags:  
Sandwich, Quart, Gallon and Freezer

## PANTRY ITEMS

- Canned Goods and Soups
- Microwave Popcorn
- Low-Sugar Cereals & Instant Oatmeal
- Ramen Noodles
- Condiments
- Salad Dressing
- Pasta and Sauces
- Healthy Snacks
- Natural Fruit Juices
- Boxed Side Dishes

## MISCELLANEOUS ITEMS

- Bath Towels & Washcloths
- Mattress and Box-Spring Covers (Single)
- Shower Curtain Liners
- Target Gift Cards
- Gasoline Gift Cards (Sheetz/BP)
- JCPenny Gift Cards
- Online Donations to Support Scholar Needs  
(visit [www.girlshope.org](http://www.girlshope.org))

## SHAMPOO & CONDITIONER BRANDS

- Pantene
- Pantene for People of Color
- Olive Oil Brand
- Motions Brand

## OTHER PERSONALS

- Clinical Strength Deodorant
- Secret or Degree Deodorant
- Elastic Hair Ties and Hair Pins
- Disposable Razors & Shaving Cream

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