Everyone could use a helping hand! With an adult’s help, gather things for a Care Kit to help people in need in your community.

- Start with a quality zipper plastic bag.
- Fill it with small personal care and grocery items.
- Write a cheery note and slip it in the bag.
- Drop off your Care Kit at a local shelter or winter warming station.

**PERSONAL CARE**
- Soft tissues
- Solid deodorant
- Plastic comb
- Wet wipes
- Warm socks
- Toothbrush and toothpaste

**NUTRITION and TREATS**
- Bottled water
- Peanut butter
- Granola bars
- Yummy snacks
- Plastic utensils
- Sugarless gum

**BE SURE TO ADD A NOTE!**
- Have a nice day!
- I care about you!

Visit mindful.sodexo.com/mindful-kids for more fun activities!