



## WINTER WISH LIST

- Shelter Supplies**
- Towels, washcloths
  - **Toiletries – hotel size soap / shampoo, toothbrushes, toothpaste, deodorant, razors, body lotion, sanitary napkins/tampons, make-up**
  - Paper Products – cups, plates, tissues, **toilet paper**, paper towels, plastic utensils, napkins
- Turn Away Kits**
- Packages distributed to those turned away from the shelter due to overcrowding: juice box, protein bar, chapstick, hand warmer packet, small facial tissue, gallon-sized zip lock bag
- Clothing**
- **NEW thermal underwear in all sizes**
  - Boots for men (large sizes) and women
  - Large and extra large pants and shirts
  - Coats, hats, gloves, scarves
  - **Socks in all sizes**
  - Nightgowns, pajamas, robes
- Food**
- Casseroles, soup, pasta, sandwiches
  - Nonperishable food items (Great for "Care Packages" for newly-housed clients)
  - Decaf coffee, juice, fruit and snacks for daytime client activities
- Social Services**
- Art supplies for therapeutic art classes (e.g. paper, paint, brushes, markers, etc.)
  - Analgesics, decongestants, cough drops, foot-care products, band-aids, vitamins
  - Small gifts for Bingo winners, especially personal hygiene items.
- Housing Items**
- **Electronic items: Microwaves, TV's, radios, alarm clocks, etc**
  - Twin size bedding: sheets, pillows and blankets
  - **Silverware, can openers, pots & pans, cleaning supplies, disinfectant spray**
  - House cleaning and personal toiletry supplies
- Office**
- Letter sized paper, file folders, pens, black permanent markers, highlighters
- Fund Raising**
- Join a REST committee or the Board of Directors
  - Provide financial support (**make a financial donation!**)
  - Help plan a fund raising event or host a benefit
  - Ask your employer to match your gift to REST
  - Include REST in your will
- Volunteering**
- Volunteer in the Shelters or Support Center
  - Lend professional expertise (graphic design, website development, etc.)
  - Facilitate Social Service meetings (Health Talk, Art Class, etc.)
  - General office help (daytime)

*Providing housing and social services to homeless adults in Chicago since 1979*

Kathleen Ahler, MSW, ACSW *Executive Director*  
P.O. Box 408307 Chicago, IL 60640  
office 941 W. Lawrence Chicago, IL 60640  
tel 773.784.0909 fax 773.784.1087 [www.restweb.org](http://www.restweb.org)