



# What Goes in a Shoebox?

## ABOUT THE SHOEBOX PROJECT:

The Shoebox Project for Shelters, supported by Dream, collects and distributes gifts in the form of Shoeboxes to women who are homeless or at-risk of homelessness in communities across Canada and the US. Each Shoebox is filled with items valued at \$50 that any woman is likely to enjoy, but may not splurge on for herself in difficult times.

## WHY IT MATTERS:

For women who have been displaced from their homes and estranged from their families, the holidays can be a particularly challenging time. Often, women feel disconnected from society, invisible and alone. Reducing the feelings of isolation and loneliness faced by women living in shelters is one of the most important outcomes of The Shoebox Project. A Shoebox gift is a powerful reminder for a woman that she has not been forgotten and that she remains a valued and respected member of her community.

For those giving gifts, The Shoebox Project is an opportunity to give back to someone in your community. It's a small gesture of kindness that has an immediate and positive impact on the woman who receives it. The act of creating Shoeboxes tends to bring people together and works to give a human face to the broad issues of poverty and homelessness. When a person makes the effort to assemble a gift for a woman living in a shelter, it brings to mind the challenges she may be facing and the many obstacles to overcome.

## Suggested Items to Include

- Something warm: socks, mitts, scarf, hat, hand warmers
- Something sweet: nut-free chocolate and candy (not alcohol-filled)
- Cough drops, multivitamins
- Body or hand lotion, soaps, toothbrush, toothpaste, floss
- Brush, comb, shampoo, conditioner
- Nail polish, mascara, eye shadow, lipstick, lip balm
- Purse-sized Kleenex, small cosmetic bag
- Gift cards (Tim Hortons, Shoppers, McDonalds, etc.)



## Please Leave Out

- Used goods
- Hotel Samples
- Sized clothing (i.e. S, M, L, XL)
- Mouthwash containing alcohol
- Candles
- Foundations, concealers
- Hand-sanitizers
- Perfume
- Razors
- Jumbo-sized containers