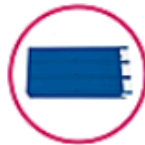


Fill a 4 kids



How to create a Survival BackPac 4 Kids™

- **Donate a New Backpack**
 - *Do Not Purchase Expensive Flashy Backpacks - it can put kids in danger. Backpacks must be black or gray no labels.*
- **Fill 2 ziplock bags with non-perishable food items** - Peanut Free Cereal Bars, Soft Protein Bars, Pre-made Chicken or Tuna Fish Salad, Snacks, Instant Noodle Dishes, Cheese crackers, Beef Sticks, Protein Breakfast Drinks, Sugarless Gum... *(Many homeless kids suffer from tooth decay so soft foods only please!)*
- **\$5 - \$10 Food Gift Cards** give homeless kids a chance to get off the street at night, feel safe, and have a meal at a table. Please make an online donation or mail your gift cards to Fill a Heart 4 Kids, 400 E. Illinois Rd., Lake Forest, IL 60045.
- **Donate Sports water bottles help keep kids hydrated!**
- **Fill 1 ziplock bag with a tooth brush, tooth paste, deodorant, hand wipes, toilet paper, feminine hygiene products, Lotion & Chapstick...**
- **Purchase a Weather Shield Blanket (\$2)**, good socks, a journal, colored pencils or pens.
- **Drop off your donation at FAH4K**, 400 E. Illinois Road, Lake Forest, IL 60045. Located in the lower level.
- **Locker Homes™** help keep kids and their belongings safe. Homeless Youth who have escaped from physical and emotional abuse need Locker Homes™. Please donate \$250 to sponsor a Locker Home™.



If you do not have time to shop please donate online: www.fillaheart4kids.org

As we buy in bulk our donations go further! We can purchase necessary supplies for **Survival BackPac 4 Kids™**

Thank you for volunteering and donating to help youth struggling to survive.