



CAFH Holiday Dreams Community Giving Program

**Fill a basket and fill
a heart with hope**



Life Start Kit (Items for youth transitioning to independent living)

Start with a laundry basket or hamper

- bath and hand towels
- tea towels and dish cloths
- oven mitts, potholders
- drinking glasses and mugs
- cutlery and dishes
- saucepans, frying pans and cookie sheets
- kettles and toasters
- stick vacuums
- mixing bowls and chopping boards
- kitchen utensils (whisk, wooden spoons etc.)
- colanders and reusable food containers
- can openers and measuring cups
- brooms and mops
- bedding – sheets, comforters (all sizes)
- soft blankets and pillows



Personal Care Kit (Items for youth age 16 and older)

Start with a duffle bag or backpack

- hair clipper/beard trimmer kits
- nail care kits
- hair dryers/straighteners
- teen packs
- toiletries (soap, shampoo, toothbrush/paste, deodorant etc.)
- socks and PJs (all ages/genders)
- wireless ear buds/headphones
- wireless speakers
- wallets
- cozy blankets



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Comfort Kit (Items for children and youth during challenging times)

Start with a duffle bag, backpack or small suitcase

- cozy blankets and fun/soft pillows
- toiletries (toothbrush, toothpaste, hairbrush etc.)
- reusable water bottles
- pajamas and socks (all ages)
- child/adult activity i.e., colouring book/pencil crayons, puzzles
- gift cards for Tim Hortons, Subway, McDonalds, etc.



Welcome Kit (Items for newborns and moms/care givers)

Start with a laundry basket

- diapers, baby wipes
- washcloths, lotions and soaps
- cotton receiving blankets, baby blankets
- diaper bags
- nursing items (pads, pump, pillow)
- onesies, infant clothing
- rattles, infant toys, teething toys
- baby thermometers
- baby monitors
- cribs, strollers, swings

