

THE ESSENTIALS.

Groups often ask how they can provide the Girls Hope scholars with essentials and basic supplies to aid them in their quest for success. Below is a brief list of items that serve to support our scholars. If you are interested in making a donation, please contact us at 412-329-7172.

PAPER PRODUCTS

- Toilet Paper
- Napkins
- Paper Towels
- Paper Lunch Bags
- Garbage bags w/ Drawstrings(13/39 gal)
- Tissues
- Cotton Swabs
- Plastic Storage Bags:
Sandwich, Quart, Gallon and Freezer

PANTRY ITEMS

- Canned Goods and Soups
- Microwave Popcorn
- Low-Sugar Cereals & Instant Oatmeal
- Condiments
- Salad Dressing
- Miracle Whip or Hellman's
- Pasta and Sauces
- Healthy Snacks
- Nature valley bars
- Quaker valley bars -- variety pack
- Frito/Lays/ Doritos variety packs for lunches
- Lance Peanut Butter Crackers for lunches
- Cinnamon Apple Sauce in snack containers
- Goldfish lunch snacks
- Motts Medley's assorted fruit snack packs
- Natural Fruit Juices
- Boxed Side Dishes
- Single-Serve Pretzel Bags
- Low-Sugar Fruit Cups

MISCELLANEOUS ITEMS

- Picture Frames
- Bath Towels & Washcloths
- Mattress and Box-Spring Covers (Single)
- Twin sized Comforter Sets
- Shower Curtain Liners
- Lysol Disinfecting Wipes
- Bathroom Spray Foam Cleaner
- Lysol Toilet Bowl Cleaner
- Laundry Detergent Powder (high efficiency AG—Tide)
- Purex and/or Xtra Liquid Laundry Detergent
- Cascade Dishwasher Detergent
- Target and Walmart Gift Cards
- Gasoline Gift Cards (Sheetz/BP)

SHAMPOO & CONDITIONER BRANDS

- Pantene
- Pantene for People of Color (brown bottle)
- Olive Oil Brand
- Motions Brand
- Oil Sheen
- Pink Hair Moisturizing Lotion
- Africa's Best Hair Products
- Garnier Fructis Hair products
- Jam (hair gel)
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OTHER PERSONALS

- Listerine Mouthwash
- Chapstick/Carmex
- Cocoa Butter
- Vaseline
- Jergen's Lotion
- Clinical Strength Deodorant
- Dove Body Wash
- Secret or Degree Deodorant
- Elastic Hair Ties and Hair Pins
- Disposable Razors & Shaving Cream
- Tampons, pads w/ wings, & panty liners



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