



Helping Hand

For Relief and Development

BOX SIZE 16 X 12 X 12 (U-HAUL BOXES RECOMMENDED)

- 3 x Bottled Water (1.0) Liters
- 2 x Gatorade (64 oz)
- 1 x Six Pack of Juice (250 ml)
- 1 x Packet of Dates
- 10 x Granola Bars
- 4 x High Energy Packets Biscuits
- 6 (1/2 Pint) x Tetra Pack Whole Milk
Or Dry Powder Milk
- 2 x Dry Fruit Can
- 6 x Candies/Lollypops
Or 8 x Individual Cereal Cups
- 2 x Anti Septic Soap Bars
- 1 x Tooth Brush
- 4 x Tooth Brush
- 1 x Pack of Plastic Cups
- 12 x Plastic Spoons
- 1 x Bed Sheet
- 2 x Women Sanitary Pads

NOTE:

- With our recent shipments, U-Haul Boxes seemed to be the best quality Boxes.
- Above entire content list should be put in single (16 x 12 x 12) box