



## Essential Supply Center

*including Carl's Tenant Supply Closet*



The **Essential Supply Center** is a place where Plymouth's formerly homeless residents can come to obtain essential items they might not otherwise be able to afford. All of Plymouth's residents are very-low income—the majority of them make less than \$7,500 per year—and each month many have a hard time making ends meet.

**Please consider making a donation to Plymouth's Essential Supply Center.** Non-perishable foods and personal care items, such as canned goods, pasta, toothpaste and toothbrushes, provide short-term relief to our residents in temporary crisis. Donations help Plymouth maintain the health of these residents that can be compromised by poor nutrition and hygiene.

The Essential Supply Center can also use your help in keeping the shelves stocked with household goods. Many of our residents move into housing after years of homelessness and have very few or no items to set up their new home. Donations of gently used, clean household goods, such as linens, kitchenware and cleaning supplies, help our residents create a comfortable and stable home.

**For more information, please contact Diana Argeres  
206-374-9409, ext. 146 or [darger@plymouthhousing.org](mailto:darger@plymouthhousing.org)**

**Or, visit our website [www.plymouthhousing.org](http://www.plymouthhousing.org)**

**You can deliver your donation to Simons Apartments at  
2119 3<sup>rd</sup> Avenue in Belltown**

***See reverse for needed items***



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### **Accepted Items for the Essential Supply Center**

#### **Non-Perishable Food Items**

Canned meats (tuna, chicken, etc)  
Boxed meals (*Hamburger Helper, Rice-A-Roni, etc*)  
Canned soup  
Canned fruits & vegetables  
Pasta & pasta sauce  
Canned beans  
Peanut butter, jam, & jelly  
Dry milk, condensed milk, *Ensure*  
Rice  
Bread mixes (*Bisquick, etc*)  
Crackers

#### **Personal Care Items**

Toothbrushes & toothpaste  
Dental floss  
Soaps & shampoo  
Lotion  
Deodorant  
Hair brushes & combs  
Razors  
Toilet paper

*Please note:* Donations should be in good condition; either gently used or new, and clean

#### **Linens**

Twin sheets & pillow cases  
Pillows (new preferred)  
Blankets or comforters  
Twin mattress covers  
Bath towels & dish towels

Plastic wrap, foil & ziplock bags  
Paper napkins & paper towels

#### **Kitchenware**

Pots & pans  
Dishes  
Forks, knives, & spoons  
Mugs & glasses  
Can openers  
Cooking utensils  
Cutting boards  
Toasters & toaster ovens  
Coffee makers  
Tupperware with lids

#### **Cleaning Supplies**

Laundry detergent  
Dish soap & surface cleaners  
Sponges & scrubbing brushes  
Small trash cans

#### **Other**

Flashlights & batteries  
First Aid kits  
Laundry baskets  
Throw rugs  
Clocks & radios  
Backpacks

### **Items we are Unable to Accept**

Furniture  
Mattresses  
Clothing  
Children's items  
Computers  
Televisions & DVD players

