

## Holland Free Health Clinic Care Package

Looking for a way to get involved with a group? Choose one of the many care package ideas, create a basket, and drop it off at the clinic. This is an easy way to get involved and help out within the clinic.

List of Everyday Needs	
Tissues	Combs
Shampoo (men's and women's)	Brushes
Body wash	Hand Soap
Deodorant (men's and women's)	Hairspray
Conditioner	Laundry Detergent
Lotion	Bathroom Cleaner
Paper towel	Dish Soap
Sponges	Chap Stick

List of Needs for Healthy Lifestyle	List of Diabetic Needs:
Healthy food cookbook	Diabetic Socks (from Meijer)
Daily vitamins	Sugar Free Candy
Deodorant	Lotion (for dry skin)
Sunglasses	Vicks Vapor Rub
Ankle Socks	Glucose tabs
Granola bars	Juice boxes
Refillable Water bottle	Pumice stone
Almonds/trail mix	Blood Glucose meters
Beginner training plans	Test strips
Tissues	Alcohol wipes
Sunscreen	Blood glucose needles
Spf lip balm	Diabetic cookbook
Ball caps /sunhats for kids and adults	Snacks high in Protein, low in carbohydrates (i.e. almonds, peanuts, light popcorn, saltines with peanut butter)
Exercise equipment (1-2 lb. weights, yoga mats, stretch bands)	
Gently used tennis shoes	
Pedometers/step trackers	
Beginner training plans	
Outdoor family games (flip toss, toss and catch, Frisbee)	

List of Vision/Dental Needs	List of Mental Health Needs
Reading glasses	Small devotional book
Glasses case	Mind game booklets
Glasses cleaner	Exercise game booklets
Eye drops	Mandala Coloring books and colored pencils
Denture friendly toothbrush	

Denture case	Essential oils/ good smelling candles
Denture cleaning tabs	Stress relief items- squeeze balls, moon sand, silly putty,
Denture paste- Fixodente	
Toothbrush	
Toothpaste	
Floss	
Mouthwash	