



Donation Items Needed

Gift cards:

These are given to women when they come to the shelter so they can replace anything they do not have. Ideal gift cards for major department and grocery stores (Giant Tiger, Walmart, Value Village, and St. Vincent De Paul).

Also, gift cards that we can give out for birthdays and celebrations that include bookstores, spas, hair salons, coffee shops, and apple or google play stores.

Household items:

We furnish all the units for the women and their children that come here. As such, we are always looking for these items.

- Double and single sheets *must be new*
- Pillows *must be new*
- Throw blankets *must be new*
- Coffee makers/ Kettles
- Milk pitchers, juice containers
- Serving bowls/platters
- Cutlery
- Dishes
- Bundle buggies, small carts to help women do their groceries
- Cleaners (Mr. Clean, Windex, All Purpose Cleaning Spray, Dish Detergent, etc.)

Thank you for your continued support!



Toiletries

- Shampoo and conditioner for all hair-types including coily hair
- Diapers, pull-ups, and baby wipes
- Toilet paper, paper towels
- Feel-Good toiletries (like lip balm, nail polishes, face serums, makeup, face masks etc.)
- Body Wash

Food bank items:

- Snacks (Chips, cookies, granola bars, pudding cups, juice boxes etc.)
- Baking supplies (white sugar, flour, yeast, cookie/muffin mixes etc.)
- Basics: Milk, bread, eggs, butter
- Condiments (Jams, maple syrup, honey, Nutella, ketchup, mayonnaise, mustard)
- Pasta (all shapes including GF options)
- Cans: Pasta sauces, soups, tomatoes, mushrooms, vegetables
- Coffee/Tea/ Juice (all varieties including pods)
- Cooking oil (olive, canola, sesame, peanut etc.)
- Cultural relevant foods “spices, ethnic breads, flours

Season 2022-Extras

Themed baskets: To ensure sanitation, we can only accept new linen items. We can accept gently used household items.

1. Laundry basket – laundry soap, dryer sheets, spray & wash in a laundry basket. Please provide unscented items where possible to reduce allergens.
2. Paper products basket – Toilet paper, paper towels, and can be donated in a trashcan.

Thank you for your continued support!



3. Linen basket – curtains, pillows, floor rugs or bathmats, bed sheets (double/singles), blankets, comforters (Twin or Double). Please note that neutral bedding is preferred. These items must be new.
4. Bathroom basket – bath towels, hand towels, washcloths, tension rods, small trashcan, utility carts, small drawer organizers and shower curtains.
5. Kitchenware basket – dish sets, cooking utensils, brooms & dustpans, mops & buckets, frying pans, cookie sheets, muffin tins, and pots & pans.
6. Non-perishable food items – dried goods (rice, pancake mix, flour, sugar) coffee, tea bags, syrup, honey, jams.
7. Feel Good Items – Battery-operated candles, bath salts/bombs, face masks, all-skin types of moisturizers (face/body), razors, throw blankets, lip balm, face wash, slippers, PJ sets.

For more information, please contact environment@harmonyhousews.com

Thanks to your generosity, Harmony House is able to inspire and empower women and their children so they can live a life free of violence. Your support is critical in keeping our residents safe.

Harmony House
P.O. Box 57082 Somerset Postal Office
Ottawa, ON, K1R 1A1

Thank you for your continued support!