



Please Donate Items We Need

The women and children we serve often come to the shelter with nothing. If you wish to donate, please consider the following:

Gift Cards to major department and/or grocery stores to help residents replace items they left behind. Suggestions include Loblaws, Shoppers Drug Mart, Metro, Walmart, Giant Tiger.

Gift Cards to celebrate residents' birthdays. Suggestions include bookstores, spas, hair salons, coffee shops, restaurants, movie theatres.

Household items

We furnish all the units with necessary items, and since the women have nothing when they move in, they are allowed to take certain items when they leave. We are therefore in constant need of the following household items:

Bedroom:

- New double and single bed sheets, blankets, and throws
- New pillows
- hangers

Kitchen:

- New small appliances such as coffee makers, kettles, microwaves, toasters, slow-cookers
- dinnerware sets for 4 (plates, bowls, cups)
- cutlery and serving utensils/spoons

Thank you for your continued support!



- serving bowls and platters
- pitchers for milk and juice
- cutting boards
- food storage containers
- garbage containers and garbage bags
- dish towels and dishracks
- paper towels
- plastic food wrap and tinfoil
- all sizes of pots and pans

Bathroom:

- New bath towels and face cloths
- toilet brush and cleaner
- toilet paper
- menstrual and incontinence products (ie Depends)
- New, unopened toiletries:
 - shampoo and conditioner for all hair-types including oily, dandruff treatment, black hair
 - bodywash
 - toothpaste and toothbrushes
 - deodorant

Baby needs:

- unopened packs diapers and pull-ups in all sizes
- unopened baby wipes

Cleaning Supplies:

- dish detergent
- sponges
- laundry detergent
- brooms and dustpans
- mops and buckets

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Food Items:

- school-approved nutritious snacks such as small containers of fruit, applesauce, crackers, nut-free granola bars
- baking supplies (sugar, flour, yeast)
- condiments (ketchup, mayonnaise, mustard)
- pasta and gluten-free pasta
- pasta sauces
- rice
- canned or dry legumes, beans, chickpeas
- canned soups, stews, chili, tomatoes, vegetables, fish, meat, fruit (preferably no sugar added)
- coffee and tea
- cooking oil
- spices

Other:

- LED candles
- Batteries AA and AAA
- “Bundle Buggies”, small carts to help carry groceries

Please note that we do not accept used clothing or bedding, and since regulatory requirements change over time, it is difficult for us to keep up with them regarding infant furniture. Therefore, we cannot accept the following used baby items:

- car seats
- cribs/cradles/bassinets
- playpens
- strollers/carriages
- highchairs
- bath seats and bath-rings
- breast pumps
- baby walkers

Thank you for your continued support!



- infant self-feeding devices

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
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Thank you for your continued support!