

# HOME SERVICE PROJECT

## Hygiene Kits



## MATERIALS

- Every day necessities (complete list in directions)
- Soap
- Toothbrush/Toothpaste
- Deodorant
- Brush/Comb
- Gallon sized ziplock bags

## WHY MAKE HYGIENE KITS

Personal hygiene is important to our health; however, many people don't have access to the basic items we use every day. In the struggle to find safe shelter and food, homeless individuals find it difficult to obtain necessities like soap, toothpaste, shampoo and deodorant. With this project, you can help make a meaningful difference in someone's life!

\*Detailed directions on next page

## CONVERSATION STARTERS

- Do you use toothpaste and soap everyday? How would you feel if you didn't have those things?
- Why is it important to take care of yourself by brushing your teeth, washing your hair, and cleaning your body?
- What do you think it is like to not have a permanent home?

## DIRECTIONS

1. Decide how you would like to distribute your hygiene bags. We always recommend donating directly to the homeless, but please feel free to reach out to Hometown Heroes for other options!
2. Gather your materials. Decide what materials you would like to include in your hygiene bags. You can find everything you need for the bags inexpensively, and most items can be found at your local dollar store. You can even reach out to friends, family members or classmates for donations of unused items! Here is a list of items you might include:
  - Soap
  - Shampoo
  - Deodorant
  - Toothbrush
  - Toothpaste
  - Dental Floss
  - Disposable Razors
  - Lip balm
  - Lotion
  - Nail clippers
  - Brush/Comb
  - Snacks
  - Bottled water
  - Gum/Mints
  - Kleenex
3. Assemble the hygiene bags. Once you have gathered all of the items needed, group each item and form a simple assembly line. Use a gallon size ziplock bag, and go down the line, placing one of each item in the bag.
4. Feel free to include a note of encouragement!
5. Distribute the bags and recognize the positive impact you have made on the community.

## REFLECTION QUESTIONS

- Why was it important to do this project?
- How did you help?
- What was it like to work together as a family for this project?
- What was the best part of the experience?