

# Wish List

## Mommy and Baby Items

- ♥ Bottles
- ♥ Bottle Brushes
- ♥ Packs of bottle nipples
- ♥ Sippy cups
- ♥ Baby socks (0-24 months)
- ♥ Breast pads and breast feeding supplies (storage bags)
  - ♥ Tampons/Maxi-pads
  - ♥ Baby soap and shampoo
  - ♥ Toddler underwear
- ♥ Diapers, sizes: NB, 3, 4, 5 & 6
  - ♥ Baby wipes
- ♥ Bibs, wash cloths, hooded towels
  - ♥ Pacifiers
- ♥ New & used infant /toddler clothes (up to 4T)
  - ♥ Developmental toys (0-3 years)
  - ♥ Crib sheets
  - ♥ Liquid laundry detergent (HE)
  - ♥ Formula – powdered Enfamil



## Non-Perishable Food Items

- ♥ Canned goods (all types) : tuna, chicken, ham, canned fruits, etc.
- ♥ Pancake mix (just add water), syrup
- ♥ Dried pastas/spaghetti/sauce
  - ♥ Mac & Cheese
  - ♥ Peanut Butter & Jelly

For more information contact Xiomara Matos at [Xmatos@betacenter.org](mailto:Xmatos@betacenter.org) or 407- 398-6235

*About BETA Center:* At BETA Center, we strive to empower children and parents with the support and education necessary for building healthy families, while focusing on at-risk families and teen moms. Through a variety of programming, including the BETA Alternative School, residential services, and outreach initiatives, we have made serving Central Florida's families more than just our mission – it's our passion!

# Hygiene Kits

## To Sustain Everyday Life: Hygiene Kits Are Another Way to Give

BETA Center offers a simple way for you to respond generously to the human needs of our participants in the Pregnant and Parenting Teen Program. Hygiene Kits help sustain everyday life for these young mothers who lack ready access to essential supplies largely due to poverty. When people gain the materials to maintain personal hygiene, their overall health improves and so does their self-esteem. Confronting the choice between buying food for your baby or toothpaste for yourself is overwhelming at any age, but our teens are susceptible to the hardships of deprivation of basic needs. With your help we can make a difference for them.

Please note: All items sent must be new.

- ♥ 1 comb (large and sturdy, not pocket-sized)
- ♥ 1 nail file or fingernail clippers (no emery boards or toenail clippers)
  - ♥ 1 bath-size bar of soap (3 oz. and up)
- ♥ 1 toothbrush (single brushes only in original wrapper, No child-size brushes)
  - ♥ 1 large tube of toothpaste (4.5 oz or larger)
  - ♥ 6 adhesive plastic strip sterile bandages
  - ♥ 1 box sanitary napkins (menstrual pad)
  - ♥ 1 box tampons (regular or super)
    - ♥ 1 full sized shampoo
    - ♥ 1 full sized conditioner
  - ♥ 1 deodorant/antiperspirant

Place items inside sealed, gallon size plastic bags. Value: \$18 per kit.

*Thank you for your donations. You are helping to make a difference in the lives of young mothers working to defy the odds to graduate high school and build a healthy family and self-sufficient future.*