

HOPE & COMFORT

WORKING TO END HYGIENE INSECURITY



Hope & Comfort Volunteerism at Home

Cabinet Clear-Out Activity

Despite social distancing, you can still support Hope & Comfort's mission to improve the health, self-esteem, and hygiene education of Greater Boston youth from the comfort of your own home. Learn more at www.hopeandcomfort.org. Thank you for your support in the fight to end hygiene insecurity!

Many of us stock up on hygiene products and then forget about them. Clearing out your cabinets and donating your unused and unexpired hygiene products is a fun way to support Hope & Comfort's mission while also de-cluttering your home! Let's get started...

Step 1: Review our Health and Safety Considerations

Given recent health concerns around COVID-19, we kindly ask that you refrain from completing this activity if you or someone you are in close contact with has been sick within the last 3 weeks. We also ask that you wash or sanitize your hands frequently when performing this project. If you are handling hygiene products directly, please wear gloves. The Hope & Comfort team is following the same protocols at our warehouse, and we appreciate your understanding and help keeping everyone healthy!

Step 2: Empty Out!

Empty out your medicine cabinet and other hygiene storage areas. Look at all you have! This is also a great opportunity to talk to the kids in your family about hygiene insecurity, and the importance of giving back to others. Talk to them about how much your family spends on hygiene products a month, and how hygiene impacts your health and self-esteem.

Step 3: Set Aside Product Donations

Set aside any extra, unused, and unexpired hygiene items you may have and place them in a bag to donate to Hope & Comfort. We especially need full-size shampoo, deodorant, bars of soap, menstrual products, and toothpaste. We also appreciate any other donations you can gather.

What If?

- ... I have loose tampons or pads, or an open box?

We'll gladly take these items and distribute them so long as they are individually-wrapped (even if the larger box has been opened).

- ... I have a product I'm not sure about? (IE. It looks old but isn't expired, it may be have been used but I'm not sure, I can't find the expiration date, etc.)

That's okay! Set these products aside in a separate bag, and the Hope & Comfort staff will review them before they are distributed.

- I have multipack of products, like an 8-pack of bar soap?

We love to accept family-size and multipack items! Please keep them all packaged together, rather than breaking these apart into individual smaller denominations. Thanks!

Step 4: Dispose, Reuse, or Recycle

Dispose of any expired or questionable hygiene items. Recycle or reuse containers whenever possible. Thank you for being green!

Step 5: Dealing with Meds?

Did you find any unneeded or expired medications? Dispose of them safely by visiting the Mass.gov website and finding your nearest safe disposable site.

Step 6: You Did It!

Step back and marvel at your clean cabinets, as well as the products you set aside to support youth and families in need. Snap a photo and tag us on Facebook/Instagram at @hopeandcomfort or Twitter at @hopeandcomfort1!

Then, let us know you're all set and ready to donate products by emailing amacdonald@hopeandcomfort.org or calling/texting 774-847-1224. When we connect, we'll let you know the best and safest way to get these to us. Thank you for joining the fight to end hygiene insecurity!