



# anova

## January

# OUR NEEDED ITEMS

Anova accepts new and gently used items. Reducing costs through donations from the public helps ensure our essential services continue to be FREE for those we serve.

### FOOD AND KITCHEN NEEDS

- Crackers
- Hot Chocolate
- Xmas/Holiday Candy & Snacks
- Non-perishable Food Items
- Cutlery, Plates, Cups
- New or Gently Used Appliances

### SHELTER NEEDS

- Laundry Detergent
- Twin Sheets
- Dish and Hand Soap
- Toilet Paper
- Paper Towels
- Towels (New or Used)

### RESIDENT NEEDS

- New PJ's - all sizes women (small-3X), children (2-16)
- 2025 Calendars/Day Planners
- Journals
- Art Supplies (paint, canvases, brushes, etc)
- Personal Hygiene Items (toothbrush, deodorant, shampoo & body wash)

Navigating the world of donations can be a delicate balance of generosity and consideration. We kindly request donors to **be mindful of the condition of their items**. Please ensure donated clothes are thoroughly dry, and avoid donating items that have been through extreme conditions. Your mindfulness not only saves valuable time but also ensures that every donation makes a meaningful impact. Thank you for your understanding and continued support of Anova.

**Donation Centre: 1067 Wellington Road S.**  
**Tuesdays and Thursdays, 12:00 pm to 3:00 pm**

Up-to-date information can be found at [www.anovafuture.org/donations](http://www.anovafuture.org/donations)