



Communities
In Schools®

Eastern Pennsylvania

IN-KIND DONATION GUIDE



Below are some suggested items for in-kind donations of basic needs essentials, food items, and more for our students. We ask that all items be new and any donated food have an expiration timeline of at least one month.

HYGIENE ITEMS

- TOOTHPASTE, TOOTHBRUSHES, FLOSS
- DEODORANT (MEN & WOMEN)
- BODY LOTION (DRY SKIN, SCENTED & UNSCENTED)
- CHAPSTICK
- SHAMPOO & CONDITIONER
- LAUNDRY DETERGENT (NO PODS)
- BAR SOAP / BODY WASH



HYGIENE ITEMS

- PRODUCTS FOR TEXTURED/NATURAL HAIR (CAROL'S DAUGHTER, KERACARE, CANTU, OLIVEOIL)
- FACE WASH / MOISTURIZER
- BRUSHES / COMBS
- FEMININE PADS (WITH WINGS), TAMPONS, WIPES
- DRY SHAMPOO
- PACKS OF TISSUES



FOOD

- SNACK PACKS (CEREAL, PRETZELS, CRACKERS)
- GRANOLA BARS (NUT-FREE & NUT OPTIONS)
- CUP NOODLES / MAC & CHEESE (IN IND. CONTAINER)
- POP TARTS / BREAKFAST BARS / OATMEAL PACKS
- SMALL WATER BOTTLES, GATORADE, POWERADE
- PEANUT BUTTER / JELLY
- PASTA / PASTA SAUCE / RICE
- PLASTIC CUTLERY/CUPS, PAPER PLATES/BOWLS



CLOTHING (NEW)

- PACKS OF SOCKS (YOUTH & ADULT)
- PACKS OF UNDERWEAR (YOUTH & ADULT)
- SCARVES / GLOVES / HATS
- SNEAKERS (YOUTH & ADULT)
- PACKS OF T-SHIRTS (YOUTH & ADULT)
- COATS & HOODED SWEATSHIRTS



MISCELLANEOUS

- GROCERY GIFT CARDS (GIANT, WEIS, REDNERS)
- FOOD GIFT CARDS (SUBWAY, PIZZA CHAINS, DUNKIN, FAST FOOD)
- PHARMACY GIFT CARDS (CVS, RITE AID, WALGREENS)
- WALMART / 5 BELOW / DOLLAR TREE GIFT CARDS
- EARBUDS
- BACKPACKS / LUNCHBOXES
- VARIOUS SCHOOL SUPPLIES

If you are interested in making an in-kind contribution to CIS of Eastern PA, please contact Maria Esposito, Director of Advancement & Communication at espositom@ciseasternpa.org to schedule a drop-off or pick-up date and time.