

7 THINGS A HOMELESS PERSON COULD USE

CAPITAL CITY RESCUE MISSION

If you've ever been approached by a homeless man or woman or have seen panhandlers on the exit ramps around our city, you may have felt uncomfortable about how to respond. Since giving money is not typically the best option, a good alternative is to make a "care kit" to hand out when presented with this opportunity.

Here are some useful items that can be placed in a gallon sized zip-lock bag...

1. FOOD / WATER

Small packets of nuts, crackers, dried fruit, granola bars, or other quick snacks are a great source of energy. \$5 or \$10 gift cards to a local fast food restaurant can combat hunger pangs. Water can bring much-needed relief, especially in the heat of summer.



2. SOCKS

A fresh pair of clean, dry socks can make all the difference to a homeless man or woman who is on their feet most of the day.



3. TOILETRY ITEMS

Toothpaste/toothbrush, comb, washcloth, brush, razor/shaving cream, deodorant and feminine hygiene products are all good ideas. Also consider including chapstick, hotel-sized shampoo, and wet wipes. DO NOT INCLUDE mouthwash, hand sanitizer, anti-bacterial gels that contain alcohol.



4. FIRST AID

Band-aids can ease the pain of blisters and antibiotic ointment can help prevent infections.



5. SEASONAL ITEMS

In the summer, include sunblock and small frozen bottles of water. In winter, gloves, hats and hand warmers are a welcome sight.



Capital City Rescue Mission's FREE Services	Capital City Rescue Mission's FREE services	Capital City Rescue Mission's FREE Services	Capital City Rescue Mission's FREE Services	Capital City Rescue Mission's FREE Services
<i>Emergency shelter:</i> Sign-in before 5:30pm	<i>Emergency shelter:</i> Sign-in before 5:30pm	<i>Emergency shelter:</i> Sign-in before 5:30pm	<i>Emergency shelter:</i> Sign-in before 5:30pm	<i>Emergency shelter:</i> Sign-in before 5:30pm
<i>Breakfast: 6:30am</i> <i>Lunch: 11:30am (bag lunches available)</i> <i>Dinner: 6:00pm</i>	<i>Breakfast: 6:30am</i> <i>Lunch: 11:30am (bag lunches available)</i> <i>Dinner: 6:00pm</i>	<i>Breakfast: 6:30am</i> <i>Lunch: 11:30am (bag lunches available)</i> <i>Dinner: 6:00pm</i>	<i>Breakfast: 6:30am</i> <i>Lunch: 11:30am (bag lunches available)</i> <i>Dinner: 6:00pm</i>	<i>Breakfast: 6:30am</i> <i>Lunch: 11:30am (bag lunches available)</i> <i>Dinner: 6:00pm</i>
Meals / Shelter / Clothing / Recovery Programs / Medical Clinic / Education / Transitional Living	Meals / Shelter / Clothing / Recovery Programs / Medical Clinic / Education / Transitional Living	Meals / Shelter / Clothing / Recovery Programs / Medical Clinic / Education / Transitional Living	Meals / Shelter / Clothing / Recovery Programs / Medical Clinic / Education / Transitional Living	Meals / Shelter / Clothing / Recovery Programs / Medical Clinic / Education / Transitional Living

6. MISSION INFORMATION

On your next visit to Capital City Rescue Mission, ask for a handful of “hope cards” that list the many services we offer. Or, print and cut the tickets below so you may include them in your care kit.

CARE KIT TIPS

Have a care kit party! Gather family, friends, co-workers, or your church group to purchase supplies and assemble care kits together.

Tell them about us. Ask if the person knows about Capital City Rescue Mission. Point out the card in their care kit that includes all of our available services.

Inspire others. Share your story of handing out care kits with others. We would love to hear it as well. Email us at givinghope@albanymission.com.

7. ENCOURAGEMENT

Perhaps the most meaningful part of a care kit is the opportunity for a conversation. Your smile and offer of help could mean the world to a homeless man or woman looking for hope. Take time to learn their name, look them in the eye, listen to their story, and offer to pray with them. Also, include a note of encouragement or an uplifting bible verse in your kit.



Faithful and compassionate support from friends like you is how Capital City Rescue Mission is able to provide meals, shelter, recovery programs and much more to struggling men, women, and children in the Capital Region. Visit us at www.capitalcityrescuemission.org.



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259 S Pearl St
Albany, NY 12202
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