



anova

# OUR NEEDED ITEMS

## NOVEMBER

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

- instant coffee
- rice
- sugar
- school snacks
- new or gently used electric frying pan

### SHELTER NEEDS

- size 4-6 diapers
- laundry detergent
- toilet paper
- paper towels

### RESIDENT NEEDS

- unscented liquid handsoap
- new mitts & gloves - all ages
- craft sets, paint, canvases
- boys coats (M-XL/6-16)
- shower puffs, body wash & facial wipes
- new women's and children's hair accessories
- winter socks - adult
- sweatpants - all sizes, all ages



Keep an eye out for our Festive Season Needs & hours coming Nov 8th



2025 Calendars & Agendas

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, Noon to 3:00 pm**

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