

# anova

# MAY

## 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

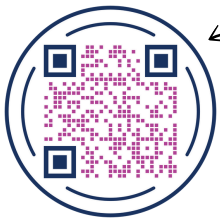
- Oven Mitts
- Drinks (pop, juice, etc.)
- Snack Items (chips, popcorn, etc.)
- Basic Pantry Goods
- Cutlery, Plates, Cups
- Toasters & Blenders \*NEW or GENTLY USED\*

### SHELTER NEEDS

- Table & Floor Lamps
- Medicine (Tylenol Babies/Adults)
- Toilet Paper & Paper Towels
- Laundry Detergent, Hand Soap, Dish Soap

### RESIDENT NEEDS

- Slippers
- Spring/Summer Shoes KIDS & WOMENS
- Makeup Brushes, Hair Brushes
- SEASONAL Spring Pjs ALL SIZES
- Sunny Weather Prep (Kids Activities, sun care essentials, etc.)
- Medium Women's Clothing Seasonal
- Underwear \*NEW\*
- Kids Backpacks
- Body Lotion
- Qtips, Cotton Puffs



Consider supporting our organization's work during Sexual Assault Awareness Month

amazon  
wishlist



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)