



## Material Donations

Material donations can be dropped off at PAQ Monday to Friday between 9 am to 5 pm.

### Food

PAQ provides 130 meals daily. Here are some examples of contributions that we can always use:

- Coffee and tea
- Sugar
- Rice and pasta
- Cereals
- Milk
- Bread
- Meat

### Hygiene products

Participants and residents of PAQ have access to showers, washing machines, and dryers. Hygiene products are also given initially to residents in our transition rooms. We accept donations of:

- Feminine hygiene products (sanitary napkins, tampons, etc.).
- Soap, laundry soap.
- Toilette paper.
- Toothbrush and toothpaste.

### Clothes

PAQ provides extra clothes for emergency cases. We require on an ongoing basis for women and men:

- New socks.
- Shoes and winter boots.
- New underwear.
- Shirts and pants.

### Other material donations

PAQ requires additional items for our shelter and transition rooms. We need:

- Sheets, blankets, pillowcases, and pillows.
- Towels.
- Utensils (forks, knives, spoons).
- Plates, cups, and bowls.