

Putting together a *Bag of Joy* :)

- ☺ Each box *must* contain **6** items.
- ☺ All items must be **new** and in good condition
- ☺ All Best Before Period must be more than 8 weeks
- X All items must *not* contain glass

Follow step 1 – 3 for what items to pack.

Step 1: pack any of the **2** hygiene products

- | | |
|--|--------------------------------------|
| ✓ masks (10 masks in a sealed Ziplock bag) | ✓ laundry detergent (size: 0.5 L-1L) |
| ✓ hand sanitizer (size: 100-500 mL) | ✓ dishwashing soap (size: 0.5 L-1L) |
| ✓ disinfectant (size: 100-500 mL) | ✓ toothpaste (1 tube) |
| ✓ facial tissue (1 box) | ✓ toothbrush (1) |
| ✓ toilet paper (1 roll) | ✓ facial towel (1) |
| ✓ wet wipes (1 pack) | ✓ mask storage box (1) |

X please **don't** send bleach

Step 2: pack any of the **2** non-perishable food

- | | |
|---|--------------------------------|
| ✓ rice (size: 2-5kg) | ✓ sugar (size: 500g-1kg) |
| ✓ instant noodles (5 individual small packs) | ✓ table salt (size: 500g-1kg) |
| ✓ flour (size: 1-2kg) | ✓ cereal (size: 500g-1kg) |
| ✓ canned food (e.g. Spam, beans, fish (1can)) | ✓ milk powder (size: 500g-1kg) |

Step 3: choose which group you would like to donate to

Children

- ✓ pencil / ball pen (5 pieces)
- ✓ color pencil (1 set)
- ✓ notebook (1 piece)
- ✓ pencil case / bag (1 piece)
- ✓ small toy
- ✓ children's book
- ✓ snacks (e.g. candy, potato chips (1 pack))

Elderlies

- ✓ Mentholatum (1 bottle)
- ✓ Purple Flower Oil (1 bottle)
- ✓ White Flower Oil (1 bottle)
- ✓ Pain relief patches or cream

X please **don't** send western or Chinese medicine