

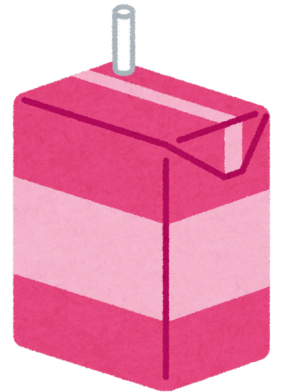


# Do It Yourself **GRATITUDE IN A BAG**

Healthcare workers have been on the frontlines, facing tremendous challenges to keep us safe and healthy. This kit will guide you through creating care packages to show your appreciation and support for these heroes.

## What you need

- 1.Small toiletries (e.g., hand sanitizer, lip balm, lotion)
- 2.Healthy snacks (e.g., granola bars, nuts)
- 3.Thank you notes or cards
- 4.Small gifts (e.g., stress balls, socks, key chain)
- 5.Decorative bags or boxes





# STEPS



## 1. Gather Items

- Collect small toiletries such as hand sanitizers, lip balms, and lotions.
- Include healthy snacks like granola bars and nuts to provide quick, nutritious options.
- Add small gifts like stress balls and pens to help healthcare workers relax and stay organized.

## 2. Write Personalized Notes

- Write thank you notes or cards with heartfelt messages expressing your gratitude and support.
- Include encouraging words to lift their spirits and remind them of their valued work.

## 3. Pack the Care Packages

- Arrange the items neatly into decorative bags or boxes.
- Ensure each package looks appealing and contains a balanced variety of items.

## 4. Deliver to Hospitals or Clinics

- Coordinate with a nearby hospital or clinic to arrange the delivery of the care packages.
- Follow any specific guidelines or protocols they may have for receiving donations.

