

## OUR WISH LIST:

### MATERIAL GOODS

- Games/cards
- Books, magazine, journals, note cards
- Art supplies
- Duel Bags and backpacks
- Bottled water
- Bottled Gatorade
- Phone chargers
- Charlie Cards
- Gift cards

### NEW TOILETRIES

- Travel size sunscreen
- Wet wipes
- Handwarmers
- Insect repellent
- Hand sanitizer
- Kleenex
- Deodorant
- Menstrual hygiene products

### NEW CLOTHING

- Underwear
- Bras
- Socks
- Tee-shirts
- Hats, gloves, and scarves
- Sneakers
- Sweatshirts
- Sweatpants
- Rain ponchos

### CANNED FOODS

- Protein packed canned tuna, chicken, and salmon
- Beans
- Lentils
- Soups
- Stews
- Broths
- Chilis
- Fruits packed in its own juice
- Vegetables

### PACKAGED FOODS

- Peanut, sunflower or soy butters
- Whole grain low sugar cereals
- Whole grain rice
- Pasta
- Quinoa
- Couscous
- Dried beans
- Lentils
- Peas
- Snacks

### SHELF-STABLE FOODS;

- 100% Juice
- Baby formula
- Milk
- Condiments
- Ice bags  
(during heat emergencies)

## ARE YOU DISTRIBUTING PREPARED FOOD?

Dear friends/community leaders.

The City of Boston commends your efforts to support community members experiencing homelessness, substance use disorder, or mental health challenges in the area.

To better provide a safe and healthy environment, we are requesting that you **refrain from distributing prepared meals or food** in the area around the **112 Southampton Street shelter and Newmarket Square.**



## WHY?

While well-intentioned, your efforts can lead to harm to community members.

### **CONNECTION TO OTHER SERVICES:**

Shelters serving food also provide access to treatment, housing navigation and healthcare services. Distributing food on the street makes people less likely to access these services.

### **SAFETY:**

Traffic concerns arise when vehicles stop on Southampton Street for the purposes of food distribution. The vehicles promote congregation on the road and put individuals at risk of being struck.

### **SANITATION:**

Improper disposal of food and packages increases trash and rodent population. This risks the health of community members. It also makes it more difficult for the City to maintain a clean and healthy environment.

## WHAT SHOULD I DO INSTEAD?

We respectfully request that you channel your compassion in the following ways:

1. Serving or sponsoring meals for emergency shelter guests. The shelters are a 24-hour, 7 day a week operation. Clients always have access to three hot meals a day.
2. Inviting someone to have a meal with you or your group in a local establishment. You can also provide hot meals and transportation out of your group's facility.
3. Lead fun activities in our shelters, transitional or recovery programs. Examples include Bingo, board games, arts and crafts, writing activities, walking groups, etc.
4. Organize painting or cleaning projects in our emergency shelters, transitional or recovery programs. This also includes beautification projects like planting and maintenance of flowers and plants.
5. Provide housing or employment opportunities by contacting **[volunteer@bphc.org](mailto:volunteer@bphc.org)**.
6. Tutor community members in reading, math, GED Prep, computer literacy, budgeting, etc.
7. Organize a drive to benefit our emergency shelters and transitional programs.