

# Putting together a *Bag of Joy* : )

- ☺ Each bag *must* contain **6** items.
- ☺ All items must be **new** and in good condition
- ☺ All Best Before Period must be later than 1st July, 2020
- 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: 0.5L - 1L) |
| ✓ hand sanitizer (size: 100mL - 500 mL)     | ✓ dishwashing soap (size: 0.5L - 1L)  |
| ✓ liquid soap (size: 100mL - 500mL)         | ✓ toothpaste (1 tube)                 |
| ✓ facial tissue (1 box)                     | ✓ toothbrush (1 piece)                |
| ✓ toilet paper (2 rolls)                    | ✓ facial towel (1 piece)              |
| ✓ wet wipes (1 pack)                        | ✓ mask storage box (1 piece)          |

X please **don't** send bleach

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

- |   |   |
|---|---|
| ✓ rice (size: 2kg - 5kg)                      | ✓ sugar (size: 500g - 1kg)              |
| ✓ instant noodles (5 individual small packs)  | ✓ table salt (size: 500g - 1kg)         |
| ✓ flour (size: 1kg - 2kg)                     | ✓ cereal (size: 500g - 1kg)             |
| ✓ canned food (e.g. Spam, beans, fish (1can)) | ✓ milk powder (size: 500g - 1kg)        |
| ✓ dried fruit and jerky (100g – 500g)         | ✓ biscuit or cookie (size: 100g - 500g) |

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

### Children

- ✓ pencil / ball pen (5 pieces)
- ✓ color pencil or crayon (1 set)
- ✓ notebook (1 piece)
- ✓ pencil case / bag (1 piece)
- ✓ small toy (1 piece)
- ✓ children's book (1 piece)
- ✓ 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 (1 pack/ bottle)

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