# **DONATING TO CAM**

CAM is a small organization with a lean staff and need your help with the efficiency of donations. When donating clothes or food, take a few minutes to do these simple things and you will help those in need tremendously!

#### **DON'T FORGET!**

- » Label Boxes or Bags by Size & Gender
- » Good Condition (no rips, tears or stains)

### **COMMON ITEMS NEEDED YEAR ROUND**

#### MOST NEEDED CLOTHING ITEMS

- » Children's Clothes (size 6-18)
- » Adult Backpacks
- » Men's Jeans
- » Men's Shoes
- » Family Size and Travel Size Hygiene Items
- » Larger Sized Women's Clothing (size 10 and above)
- » Women's Bras
- » Men's and Women's Underwear (new in packages)
- » Men's and Women's Belts

#### MOST NEEDED FOOD ITEMS

- » Peanut Butter
- » 1 lb. Bags of Pinto Beans
- » Bags of Rice and Pasta
- » Tomato Sauce & Tomato Paste
- » Instant Oatmeal
- » Powdered Milk





## THANKS FOR DONATING TO CAM!



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