

# Donations Needed



Donating items on this list to Wellspring Women's Center ensures our ability to provide vital life-saving resources to the women and children we serve with "dignity and love."

## Nutritious Meals Program

- Tea (herbal, black, green)
- Honey
- Fruit Juice
- Cream Cheese
- Yogurt (bulk or cups)
- Olive or Canola Oil
- Ground Coffee
- Sugar/Sweetener  
Packets, coffee stirrers,  
Creamer
- Jams/Jellies
- Oatmeal (bulk or  
packets)
- Cereal (low sugar)
- Plastic/ Compostable  
Utensils
- Paper Towels
- Toilet Paper

## Children's Corner

- Baby Wash
- Baby lotion
- New Baby Bottles and  
Sippy Cups
- New Baby Onesies (all  
sizes)
- Baby Bibs
- Disposable Diapers  
(especially sizes 4-6 and  
Pull-ups)
- Baby Formula

## Women's Wellness/ Safety Net Services

- Menstrual Pads
- Travel-sized Toiletries:  
soap, shampoo,  
conditioner, lotion
- Toothbrushes and  
Toothpaste
- Deodorant
- Small tissue packets
- Adult Pull-up Diapers
- Bed Pads
- New women's Underwear
- Grocery Gift Cards/ Gas  
Cards \$10-\$20
- New Sweat Pants Size L -  
XXL

## Art of Being Program

- Yarn
- Gift Cards for Michael's,  
Blick Art Supplies, JoAnn
- Garment Fabric
- Mixed Media  
Paper/Watercolor Paper  
9"x12"
- Sketchbooks 5"x7" &  
9"x12"
- Drawing Pencils,  
sharpeners and erasers
- Adult Coloring Books
- Fine Point Markers

**Please direct donations of used clothing, household goods, and other items not listed in our current needs to our partner organizations listed below.**

Union Gospel Mission (916)447-3268  
400 Bannon Street, Sacramento  
<https://ugmsac.com/>

St. Vincent De Paul Society (916)972-1212  
3263 1st Avenue, Sacramento  
<https://www.svdp-sacramento.org/thriftstore>

Goodwill (916)584-7653  
1900 Alhambra Blvd, Sacramento  
<https://goodwillsacto.org/>

All donation deliveries are received at the back door of our building at 3414 4th Avenue Monday through Friday from 8:30am-3:30Pm.

Questions? Call 916-454-9688 Ext 211 or Email [jessica.m@wellspringwomen.org](mailto:jessica.m@wellspringwomen.org)