



CUPS is a not-for-profit organization dedicated to helping individuals and families overcome poverty. Our programs in the areas of health care and education focus on addressing root causes and achieve lasting solutions and stability. CUPS helps individuals, families and communities thrive. We are looking for the following items on an on-going basis. To make a donation, please call 403.221.8780

Donations should be delivered to the CUPS building at 128 – 7th Avenue SE. Vehicles must approach the building from 1st Street SE, travel south past 6th Avenue, and turn right into the next alleyway. Please note that parking is limited to drop-off only. While we appreciate all items, we can only accommodate what is on the list. Kindly direct all items not on the list to the Salvation Army. Thank you for your generous donations. For more information on CUPS, please visit www.cupscalgary.com

Clothing for all ages, genders and sizes:

- Everyday
- Socks – Children & Adults
- Shoe Insoles
- Underwear – Children & Adults
- T-shirts
- Jeans
- Sweat Shirts
- Sweat Pants – Mens (large, new or gently used)
- Maternity clothes
- Seasonal Footwear

Outdoor Winter Clothing

- Gloves
- Mitts
- Toques
- Coats
- Boots

Personal Hygiene Items:

- Soap
- Toothbrushes / Toothpaste
- Nail Clippers
- Lip Balm
- Feminine Hygiene Products
- Shampoo & Conditioner
- Hairbrushes & Combs
- Deodorant
- Towels

Health Supplies:

- Tylenol
- Ibuprofen
- Antibiotic Ointments (Polysporin)
- Vitamins
- Cough Drops
- Sunscreen
- Hand Lotion
- Lip Balm
- Foot Powder
- Lice Treatment
- Fleece Blankets

Children & Families:

- Children's Clothing & Backpacks
- Receiving Blankets
- Baby Quilts
- Newborn Sleepers & Shirts
- Breast Pads
- Diapers – Newborn, Sizes 4-6
- Baby Wipes
- Formula
- Infant Car Seats
- Infant Toys
- Rocking Chairs

Other:

- Bus Tickets / Passes
- Towels
- Duffel Bags / Back Packs
- Grocery Store Vouchers

CUPS Health & Education Centres

128 7th Avenue SE Calgary, Alberta T2G 0H5 phone 403 221 8780 fax 403 221 8791 cupscalgary.com

Charitable Registration Number 134-112-515-RR0001



BUILDING STRONGER COMMUNITIES