

# Hadassah's Hope

# FOOD & CARE IDEAS

## For Dancers

### Items to consider for a supply bag:

Any non-perishable food items such as:

Pasta  
Spaghetti Sauce  
Peanut Butter  
Canned Fruit  
Canned Vegetables  
Crackers  
Juice  
Canned Meat  
Mac & Cheese  
Dried & Canned Beans  
Protein Bars  
Nuts  
Soups

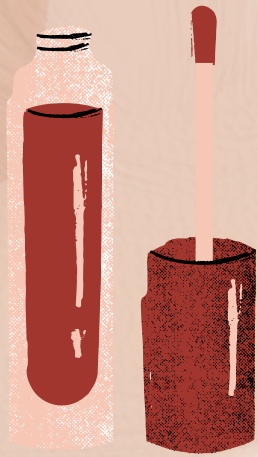
Toiletries such as:  
Toothpaste  
Shampoo & Conditioner  
Tampons  
Deodorant  
Soap  
Lotion



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# GIFT IDEAS

## For Dancers



### **Items:**

**Polish**

**Candles**

**Baskets to put goodies inside**

**Hand scrubs**

**Bath bombs**

**Makeup wipes**

**Lipstick**

**Lip gloss**

**Beauty Face mask**

**Hair mask**

**Foot mask**

**Foot rub soaks**

**Soft socks**

**Earrings**

**Hair clips or scrunchies**

**Tampons**

**Prayer cards**

**Bath and Body- anything from foaming soap to lotion**

**Makeup**

**Face Moisturizer**

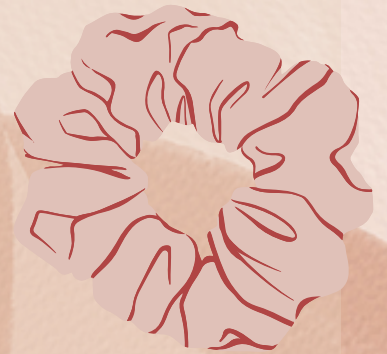
**Dry shampoo**

**Trinkets of any kind**

**Coffee mugs**

**Beach towel**

**Sunscreen**



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## **Plants:**

**Succulents (real)**  
**(like a flat of succulents in simple pots)**  
**with tags of scriptures or words of**  
**affirmation or encouragement.**



## **Food add ons:**

**Coffee drinks**  
**Energy drinks**  
**Protein bars**  
**Chocolate**



## **Packaging:**

**Gift bags or basket with Tissue**  
**Handwritten cards filled with love**  
**and pointing the dancer to Jesus**  
**reminding her there is HOPE.**

**All of these are ideas ONLY - anything is appreciated!**  
**Think of "stocking stuffer" items for girls or ladies.**

**\*(Preferably not dollar tree items - we want them to know their worth is more than a dollar)**

**THANK YOU FOR YOUR**  
**CONTINUED SUPPORT!**