

Kindness Kit Shopping List

All items need to be new (not second-hand)

- Sponge
- Soap (Bars) x 2
- Toothbrushes (Multiple)
- Toothpaste
- Pack of pants (4/5 pairs)
- Pack of Socks (4/5 pairs)
- Wash Bag
- A4 or slightly smaller exercise book
- Pack of Crayons/Pencils
- A pencil sharpener
- A small cuddly toy
- A small simple toy e.g. toy car, yoyo, small bouncy ball
- A wooly hat

Optional:

- A pencil case
- A message card from you (however, please don't include any personal details in the message)

Child Size Guide

Socks

Aged 3 to 5
Child Size 9 to 11

Aged 6 to 9
Child Size 12 to
Adult Size 3.5

Aged 10 to 13
Adult Size 4 to
Adult Size 6.5

Pants

See age on label and purchase suitable sizes for the age and gender of the child you've decided to buy for.



Kindness Kit

Please stick this label securely to the outside of the bag

This Kindness Kit is for a child who is a

girl **boy**

who is aged

3 to 5

6 to 9

10 to 13

Instructions

LeSEA Global
FEED THE HUNGRY
A full life feels good.™

All of the items that go into a Kindness Kit are easy to buy from supermarkets, pound shops or online - there's no need to spend a fortune. Please buy things which are suited for the age and gender of the child you've chosen to pack the kit for.

Please don't pack anything that is NOT on the list. Everything must be new with tags or labels still on. Do not pack any second-hand items as customs rules mean new and second hand items must be sent separately. **Please do not add any food, sweets, chocolate, gum or liquids.**

Stick the label showing who the kit is for to the outside of the bag.

Please send £2 to defray transportation costs of sending the Kindness Kit. This can be sent with the Kindness Kit, or made as a donation online.

When you're ready to send your Kindness Kit, get in touch using the contact details found at feedthehungry.org.uk/kindnesskit.