



CARE KITS FOR TEENS

Many times kids come into the VMP program without any personal care items. Here is a very practical way you can help our teens. You can collect the items listed below and assemble these Care Kits to be given to the teens when they come to VMP.

Teen Boys *Place in a large, Ziplock bag*

- Socks
- Boxers (Small, Medium, Large or X-Large)
- Deodorant (regular size)
- Toothbrush (regular size)
- Toothpaste (regular size)

Place a label on the outside of the bag and mark: "Boy" and either SM, MED, LG or X-LG depending on the size of the boxers

Teen Girls *Place in a large, Ziplock bag*

- Socks
- Underwear (Small, Medium, Large or X-Large)
- Deodorant (regular size)
- Toothbrush (regular size)
- Toothpaste (regular size)
- Feminine supplies

Place a label on the outside of the bag and mark: "Girl" and either SM, MED, LG or X-LG depending on the size of the underwear

If you require additional information or have questions concerning these Care Kits, please contact Peggy Feher, phone: 425-432-2119 x112, or peggyf@vinemapleplace.org