



Exemplification of the Fourth Degree

April 22, 2023

Saint Thomas More Parish - Allentown

Ladies Program

Suggested Donation Items

Toiletries:

- Chapstick
- Facial Wipes
- Toothpaste
- Toothbrushes
- Comb
- Travel shampoo/conditioner
- Soap
- Sunscreen
- Deodorant
- Baby Wipes
- First Aid Kits
- Hand Sanitizer
- Wash Cloths
- Band Aids
- Socks
- Tissues
- Hygiene items for Women

Non-Perishable Foods:

- Instant Oatmeal packs
- Granola Bars
- Trail Mix
- Raisins
- Gum/Hard Candy
- Beef Jerky Sticks
- Fruit/Applesauce with spoon
- Energy Bars
- Dried Fruit
- Energy Drink
- Individually Wrapped Chocolate
- Bottled Water
- Tea Bags
- Juice Boxes