

**HYGIENE
DRIVE**

HOPE & HYGIENE HOST KIT

**EVERYTHING YOU NEED TO SUPPORT TEEN MAMAS &
THEIR KIDDOS IN GRAND RAPIDS WITH A HYGIENE DRIVE**



GRACE'S TABLE



Grace's Table

835 Richmond St. NW | Grand Rapids, MI 49504

Contact: *Sam Campbell | Volunteer Coordinator at 616-307-8804 | sam@gracetable.com*

Dear Friends,

Thank you for expressing interest in providing hope and hygiene kits to our mamas and their children. We are excited to launch this new program to meet tangible needs at Grace's Table, build deeper relationships, and expand our reach in the community.

We are a dedicated organization that walks alongside teen moms and their children through a time of transition, uncertainty, insecurity, and doubt. We walk together with these families to equip, educate, encourage, and empower with eyes fixed on a hopeful future.

Hope & Hygiene kits are one of the ways we support the mamas of Grace's Table. They include essential hygiene items mamas and babies require for healthy living. Often, low-income households struggle to provide diapers for their children, and only 4% of those who need diapers receive them from nationwide banks. When you donate hygiene items like diapers, you're keeping these kiddos clean, dry, and healthy.

We are seeking organizations and individuals who are willing to cover a month of hope and hygiene kits. This would include collecting specific items needed from our current checklist and delivering them to Grace's Table at the end of the month.

In the past, we've collected donations to create these kits, but COVID has created difficulty in receiving the correct supplies. These kits cost on average \$125 per family. Your involvement by collecting the necessary items for a month means you're allowing us to better walk alongside our families at Grace's Table!

We are so excited to partner with you in this new program for Hope & Hygiene kits! Please read through the rest of this packet to get equipped to sponsor a month for Grace's Table

Best,
Sam

BASIC STEPS TO RUN A HYGIENE DRIVE FOR GRACE'S TABLE

HYGIENE DRIVES ARE RUN IN THE FIRST THREE WEEKS OF THE MONTH

1. Let your network know the exact quantities and items needed
2. Collect the items from your network
3. Establish a drop-off date with your Grace's Table contact (listed above)
4. Drop off everything you've collected at Grace's Table on the last week of the month.

[You can download an overview here if you'd like to share it with your network](#)

INSIDE YOU'LL FIND

- [Suggested Schedule](#)
- [Checklist of Items to Collect](#)
- [Pre-Written Emails](#)
- [Social Media Tips & Tricks](#)
- [Pre-written Statuses](#)
- [Social Media Graphics & Publicity Photos](#)
- [FAQ's](#)

HYGIENE DRIVE SUGGESTED SCHEDULE

WEEK 1

- Prepare for Launch: Read through this packet and outline how you'd like to roll out this program.
- Collect specific branding and photography you'd like to use to spread the word. [Everything you'll need is here.](#)
- Kick-off the Event: Let your community know that you will be collecting specific hygiene items for the first three weeks of the month.
- Market the event kickoff with social media and emails
- Provide a space for people to sign-up
- Pick a designated area for people to bring in the specific items they signed up for.

WEEK 2

- Continue Collecting Items
- Marketing/Social Media Reminders
- Identify any items not chosen to be collected yet and utilize social media to fill those needs or make calls, or ask in person.

WEEK 3

Final Week to Collect Items

- Social Media Reminders
- Drop Off Coordination: Coordinate with Grace's Table Volunteer a date to drop off the items collected the following week.
- Spend some time going through the donated items to ensure all of the items needed were collected and/or if anything is missing.

WEEK 4

- Confirm drop-off date and time with Grace's Table
- Drop off all items to Grace's Table





ITEM CHECKLIST

HYGIENE ITEMS		
FULFILLED?	ITEM	QTY NEEDED
<input type="checkbox"/>	Toothpaste	24
<input type="checkbox"/>	Shampoo for Textured Hair (Shea Moisture, Cantu)	24
<input type="checkbox"/>	Conditioner for Textured Hair (Shea Moisture, Cantu)	24
<input type="checkbox"/>	Shampoo for Non-Textured Hair	24
<input type="checkbox"/>	Conditioner for Non-Textured Hair	24
<input type="checkbox"/>	Body Wash	24
<input type="checkbox"/>	Deodorant	24
<input type="checkbox"/>	Pads	24
<input type="checkbox"/>	Tampons	24
<input type="checkbox"/>	Lotion	24
DIAPERS (ONLY COLLECT THESE SIZES)		
FULFILLED?	ITEM	QTY NEEDED
<input type="checkbox"/>	Size 1	1
<input type="checkbox"/>	Size 2	2
<input type="checkbox"/>	Size 3	5
<input type="checkbox"/>	Size 4	4
<input type="checkbox"/>	Size 5	7
<input type="checkbox"/>	Size 6	7



PULL-UPS (ONLY COLLECT THESE SIZES)		
FULFILLED?	ITEM	QTY NEEDED
<input type="checkbox"/>	2T-3T Boys	4
<input type="checkbox"/>	2T-3T Girls	4
<input type="checkbox"/>	3T-4T Boys	4
<input type="checkbox"/>	3T-4T Girls	4
<input type="checkbox"/>	4T-5T Boys	4
<input type="checkbox"/>	4T-5T Girls	4
PAPER PRODUCTS AND SUPPLIES		
FULFILLED?	ITEM	QTY
<input type="checkbox"/>	Toilet Paper (9 Rolls)	
<input type="checkbox"/>	Paper Towels (6 Rolls)	
<input type="checkbox"/>	Chinet Paper Plates	
<input type="checkbox"/>	Chinet Paper Bowls	
<input type="checkbox"/>	Plastic Cups	
<input type="checkbox"/>	Clorox Wipes	
<input type="checkbox"/>	Plastic Ware (Forks, Spoons)	
<input type="checkbox"/>	Journals	
<input type="checkbox"/>	\$25 Meijer Gift Cards	
<input type="checkbox"/>	\$10 Gas Only Speedway Gift Card	



Grace's Table cannot accept any diapers or pull-up sizes that are not on this list. Additionally, please do not supplement this list with any of your own items.

Please note that all donations must be full, sealed, and unopened. Used items will not be accepted.

These requests are to keep our mamas and kiddos safe, as well as to ensure that nothing is wasted. **We appreciate your generosity and cooperation.**

PRE-WRITTEN EMAILS

Want to create an e-blast to your list to help get people involved with your hygiene drive? Copy, paste, and personalize our pre-written emails below!

[Don't forget you can grab amazing publicity photos to insert into your email here.](#)





EMAIL 1 – AN INTRODUCTION TO GRACE’S TABLE & THE HYGIENE DRIVE

SUBJECT: One amazing way to help empower mamas in Grand Rapids

Hi (Team/Friends/Church Family),

I wanted to fill you in on an awesome opportunity we have to partner with an organization in our community. For the month of _____, we will be collecting specific hygiene items for Grace’s Table.

Grace’s Table is an organization dedicated to serving teen moms and their children through a time of transition, uncertainty, insecurity, and doubt. They walk with these mamas and their children to encourage and equip as they face the challenges of adolescence, education, parenting, and beyond.

Hope & Hygiene kits are one of the ways they support the mamas of Grace’s Table. They include essential hygiene items mamas and babies require for healthy living.

For instance, low-income households struggle to provide diapers for their children, and only 4% of those who need diapers receive them from nationwide banks. When you donate hygiene items like diapers, you’re keeping these kiddos clean, dry, and healthy.

Grace’s Table is looking for us to help them cover a month of hygiene kits for their families, so they can continue to support the needs of their mamas and better walk alongside the families. You will see social media posts and hear in more depth the details to come, but I wanted to provide a background of this organization and why we, as a community, have decided to support them. [You can read more about this drive here.](#)

If you want to get involved at the ground level, REPLY to this email and I’ll send you everything you need to help.

With excitement,
[name]



EMAIL 2 – A STORY WITH STATISTICS ABOUT HYGIENE

SUBJECT: Help keep kiddos clean, dry, and healthy!

Hi (Team/Friends/Community),

Did you know it can cost \$75-\$100 to help a mom keep her baby in dry diapers for a single month? As you know, we are currently in the midst of collecting specific hygiene items for Grace's Table to support a month of their Hope & Hygiene kits for mamas and their kiddos.

What you might not know is how hard it is for these mamas to support their children when it comes to basic hygiene needs, such as diapers. You see, low-income households struggle to provide diapers for their children, and only 4% of those who need diapers receive them from nationwide banks.

Participating in the hygiene drive this month, means you're keeping these kiddos clean, dry, and healthy.

If you haven't had a chance to sign up for a specific hygiene item to collect, please contact _____ to figure out what items are still needed.

Together, we can provide hope & hygiene for these families of Grace's Table.

Best,
(name)



EMAIL #3 — ONE WEEK LEFT TO REACH OUR GOAL

SUBJECT: One week left!

Hi (Team/Friends/Community),

We are only one week away from delivering the hygiene items to Grace's Table for the mamas and their children! Thank you for the generous outpouring of donations. We are overwhelmed with the support we've seen for Grace's Table.

However, we're not done yet and need you! There are still a few items that haven't been accounted for to achieve our goal of supporting Grace's Table for the month of _____. (add some kind of story/factoid to this?)

If you're able, please contact _____ and commit to providing the necessary hygiene items for these families of Grace's Table.

Let's continue to spread hope and hygiene to the mamas and children of Grace's Table.

Best,
(name)

SOCIAL MEDIA

LIKE AND SHARE GRACE'S TABLE

Make sure you're following and interacting with Grace's Table on your personal and/or professional social media accounts

[Facebook](#)

[Instagram](#)

This will make it easy to tag and refer to Grace's Table. In addition, you can share any of our statuses with your own audiences.

ADVERTISE WITH YOUR OWN STATUSES

Write your own statuses (or copy & paste one of the examples we have in the next section)

Here's How

1. Grab graphics or photos to use on Facebook here
<https://www.dropbox.com/sh/ry23lu757f1eenh/AAD8d5UdPixA9ql6kQJLyIfea?dl=0>
2. Add the graphic or photo first
3. Add your status
4. Add a link (if you have established a landing page or form)
5. Post

ADVERTISE WITH FACEBOOK COVERS

For the remainder of your drive, consider changing your Facebook Cover photo to one of these to show your support.

<https://www.dropbox.com/sh/8822o0hiu09dvrs/AACRNvpz3UqgREZjDNEI2U2Ea?dl=0>






PRE-WRITTEN STATUSES FACEBOOK & INSTAGRAM

Utilize our pre-written statuses to combat writer's block! [All graphics can be found here.](#)

<p>DID YOU KNOW THAT IT COSTS \$7,000 TO RAISE A CHILD IN THEIR FIRST YEAR OF LIFE? (NOT INCLUDING MEDICAL COSTS)?</p> <p>HYGIENE DRIVE</p>	<p>YIKES! That's a lot of dough for any family, but it's especially a lot for a teen mom. This month we are partnering with Grace's Table to provide specified hygiene items for the month of [INSERT MONTH]. Providing these items helps mamas stretch their family budget so they can provide food and pay for other essentials (like daycare). Want to help? Leave a comment below and we'll tell you how!</p>
<p>DID YOU KNOW BEING PART OF A COMMUNITY CAN DRASTICALLY REDUCE THE EXPERIENCED TRAUMA OF YOUNG MOTHERHOOD?</p> <p>HYGIENE DRIVE</p>	<p>This month, we are partnering with Grace's Table, an organization that is passionate about empowering teen mamas in Grand Rapids through community, education, and advocacy.</p> <p>We will be collecting SPECIFIC items for Hope & Hygiene Kits. These items will be distributed to amazing teen mamas and will help their families thrive. Leave a comment below to find out how to help.</p>
<p>A BABY WILL GO THROUGH AN AVERAGE OF 2700 DIAPERS IN THEIR FIRST YEAR OF LIFE</p> <p>HYGIENE DRIVE</p>	<p>SAY IT AIN'T SO! That's at least seven diapers per day (and most moms and dads know that some days are 12-diaper-days!). Diapers are EXPENSIVE. That's why, this month, we are partnering with Grace's Table to collect diapers and pull-ups in specific sizes. These diapers will be distributed to amazing teen mamas and their kiddos in Grand Rapids. Leave a comment below to find out more.</p>

 <p>DID YOU KNOW THAT WASHING YOUR HAIR CAN SIGNIFICANTLY REDUCE THE LEVEL OF THE STRESS HORMONE CORTISOL IN HAIR FOLLICLES?</p> <p>HYGIENE DRIVE</p>	<p>Let's face it — everyone loves a good shampoo-ing! And it's no wonder as it can reduce stress. This month, we are partnering with Grace's Table to build Hygiene Kits that will collect items (like shampoo) that will be distributed to teen mamas and their kiddos in Grand Rapids. JOIN US! Leave a comment below to find out how.</p>
 <p>CLEAN DIAPERS ARE IMPORTANT TO THE HEALTH OF A CHILD, BUT MANY TEEN MAMAS STRUGGLE TO AFFORD THE HIGH COST OF DIAPERS</p> <p>HYGIENE DRIVE</p>	<p>Some mamas have to stretch diapers to a possibly unhealthy limit in order to afford other things — like food, daycare, and transportation. It shouldn't be this way! AND WE CAN HELP.</p> <p>This month, we are partnering with Grace's Table to collect diapers and pull-ups in specific sizes. These diapers will be distributed to amazing teen mamas and their kiddos in Grand Rapids. Let's help keep amazing kids happy, healthy, and dry while empowering and encouraging their mamas with a practical donation! Find out how by leaving a comment below.</p>
 <p>DID YOU KNOW THAT DIAPERS COST \$75-100 PER MONTH?</p> <p>THIS CAN BE A HUGE BURDEN FOR YOUNG MAMAS</p> <p>HYGIENE DRIVE</p>	<p>YOWSA! Diapers are disposable, can get messy, and are downright expensive to boot! That's why, this month, we are partnering with Grace's Table to collect diapers and pull-ups in specific sizes.</p> <p>These diapers will be distributed to amazing teen mamas and their kiddos in Grand Rapids.</p> <p>These practical donations will equip teen mamas with the essentials they need so they can stretch the family budget and keep everyone healthy! Want to join us? Leave a comment below to find out more.</p>
 <p>HYGIENE KITS ARE ONE WAY TO FOSTER DIGNITY</p> <p>THESE KITS CAN HELP TEEN MAMAS FEEL CONFIDENT, PARTICIPATE IN DAILY LIFE, AND ALLOWS THEM TO ALLOCATE MORE MONEY TO FOOD FOR THEIR FAMILY.</p> <p>HYGIENE DRIVE</p>	<p>A young, teen mama often doesn't have all the money she needs to keep herself healthy while also keeping her child fed and healthy. When you can't wash your hair or brush your teeth (because those items are out of your budget), it can be hard to participate in daily life.</p> <p>This month, we are partnering with Grace's Table to collect hygiene items for mamas and kiddos so that they can feel clean, confident, and ready to take on the world! Parenthood is hard</p>

	<p>enough without these kinds of worries.</p> <p>Join us by donating items. Leave a comment below to get more information.</p>
	<p>In a recent survey of 2,000 women, aged 18–55, 49% of women said they often had trouble affording feminine products. This can affect everything – from confidence to health. This problem can be particularly difficult for teen moms who often have to make a choice between feminine hygiene and food for their family.</p> <p>This month, we are collecting SPECIFIC hygiene items for teen mamas so that we can meet this tangible need. Find out more by leaving a comment below.</p>
	<p>The earliest kinds of toothpastes were made out of bone fragments, eggshells, burnt ox hooves, and other really weird stuff. Thank goodness we don't have to deal with that anymore! Now we have flavors like spearmint, peppermint, and cinnamon to keep our mouths fresh and clean. And thank goodness! Oral health is important. If that goes downhill, your heart can be affected, your joints, and even your brain!</p> <p>This month, we are partnering with Grace's Table to build hygiene kits that include oral health items. These kits are distributed to amazing teen mamas and their kiddos so that their families can stay fresh and clean and utilize their budget for other essentials. Want to join us? Find out how by leaving a comment below!</p>
	<p>Baby formula is one of the items we are collecting this month for teen mamas and their kiddos in Grand Rapids! We are partnering with Grace's Table, an organization that empowers teen mamas through community, education, advocacy, and meeting tangible needs like baby formula! Want to donate items for the Hope and Hygiene Kits for Grace's Table? Leave a comment below and we'll tell you how.</p>

<p>CHOOSE A PUBLICITY PHOTO FROM HERE</p>	<p>Want a way to help while staying safe during COVID? We're partnering with Grace's Table to provide specified hygiene items for the month of [INSERT MONTH] to support teen mamas and their kiddos. If you'd like to learn more about this partnership and how to get involved, leave a comment below!</p>
<p>CHOOSE A PUBLICITY PHOTO FROM HERE</p>	<p>Did you know that low-income households struggle to provide diapers for their children, and only 4% of those who need diapers receive them from nationwide banks? We're partnering with Grace's Table for the month of [INSERT MONTH] to provide specific hygiene items to keep these kiddos clean, dry, and healthy. Want to help? Leave a comment below and we'll tell you how!</p>
<p>CHOOSE A PUBLICITY PHOTO FROM HERE</p>	<p>We're almost halfway there! Thank you to all the wonderful volunteers who have participated in collecting hygiene items for Grace's Table Hope & Hygiene kits. We are so excited to bless this organization with kits for the month of _____. If you haven't already, please be sure to drop off your items in _location_ by (specific date).</p>
<p>TAKE A PHOTO OF ALL THE ITEMS YOU'VE COLLECTED</p>	<p>You did it! You donated ALL of the items needed to provide a month's supply of Hope & Hygiene kits for Grace's Table. We can't wait to drop off this bundle at Grace's Table next week.</p>

SOCIAL MEDIA GRAPHICS & PUBLICITY PHOTOS



[All graphics, publicity photos, and Facebook Covers can be found here.](#)

FREQUENTLY ASKED QUESTIONS

WHOM DOES THE HOPE & HYGIENE DRIVE BENEFIT?

The Hope & Hygiene drive is benefiting teen mothers and their children who are connected to Grace's Table.

WHAT IS THE GOAL OF THE HOPE & HYGIENE DRIVE?

Every month the families of Grace's Table receive a Hope & Hygiene Kit that is comprised of the following:

Diapers

Wipes

Formula

Shampoo & Conditioner

Body Wash

Toothbrush & Toothpaste

Feminine Hygiene Products

WHAT BRAND OF DIAPERS DO YOU NEED?

Any brand is fine. The most commonly asked for:

- Huggies
- Pampers
- Luvs
- Target brand

WHAT SIZES OF DIAPERS DO YOU NEED?

- Diapers sizes 4, 5, and 6 (we are not in need of smaller sizes)
- Pull-Ups for boys and for girls in sizes 2T-3T, 3T-4T, 4T-5T

What types of formula do you need?

Enfamil Gentlease (purple can)

Enfamil Infant Formula (yellow can)

Enfamil A.R. (pink can)

Enfamil ProSobee (green can)

IS THERE A SPECIFIC BRAND OF SHAMPOO AND CONDITIONER YOU NEED?

Our families have various hair textures. For textured hair we recommend the following brands:

- Shea Moisture
- Cantu

DO YOU ACCEPT USED OR OPEN ITEMS?

All items must be unopened and in original packaging.

DO YOU ACCEPT CLOTHING OR GENTLY USED CLOTHING?

We do not accept clothing or baby furniture. These needs are already met by our partnership with community organizations.

CAN I GIVE A GIFT CARD?

Gift cards that are very helpful:

- Speedway (gas only) in \$5 or \$10 denominations
- Meijer
- Aldi
- Walmart



I HAVE QUESTIONS ABOUT THE HOPE & HYGIENE DRIVE, VOLUNTEERING, STAYING CONNECTED, OR MAKING A FINANCIAL CONTRIBUTION TO GRACE'S TABLE. WHO DO I CONTACT?

Please contact Jane Wolterstorff, Director of Program at 616-307-8804 or jane@gracetable.com.

THANK YOU FOR PARTNERING WITH GRACE'S TABLE. YOUR GENEROSITY EMPOWERS TEEN MAMAS AND THEIR KIDDOS. WE ARE HONORED TO PARTNER WITH YOU.

[Read more about Grace's Table here.](#)