



Service-to-Go Kits

Thank you for choosing Service-to-Go Kits as your choice of volunteerism. Service-to-Go Kits allow you to support LifeWise StL at the time and location of your choice! Kits can be done either on your own or with a group. You can purchase supplies and/or assemble multiple types of kits to benefit LifeWise StL participants and programming.

In this packet you will find several kits that are categorized by our programs. We have kits for all age groups. Please check out the kits that are currently needed at LifeWise StL. Since needs change throughout the year, please contact Alicia Somarriba for the most updated information at asomarriba@lifewisestl.org. Thank you for thinking of LifeWise StL!

LifeWise StL is located at 1321 S 11th Street, St. Louis, MO 63104. To drop off kits, please arrange a time with Alicia Somarriba by emailing her at asomarriba@lifewisestl.org.

Early Childhood Center (6 Weeks – 5 Years Old)



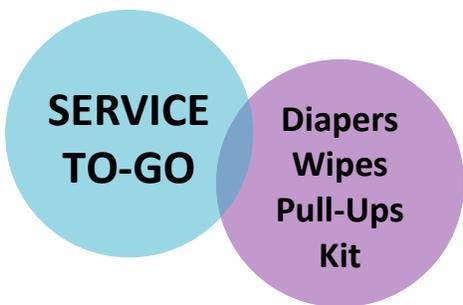
Kits

- Diapers, Wipes, and Pull-Ups
- Seasonal Fun

Interested in going beyond making kits? Check out the General Donations the Early Childhood Center can always use.

- Batteries in multiple sizes
- Outdoor toys for children under 3 and/or 3-5 years-old
- One-piece swimsuits for girls or swim trunks for boys ages 3-5 years-old

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SERVICE TO-GO

Diapers
Wipes
Pull-Ups
Kit

LifeWise StL provides diapers and wipes for children in our Early Childhood Center so there is one less thing a parent or guardian has to worry about.

Supplies

- 2.5 gallon Ziploc bags
- Baby wipe packs
- Diapers: sizes 3, 4, 5, 6; Pull-Ups: sizes 2T-5T
- A permanent marker **and/or** pre-made labels to indicate size and amount

Quantity Needed

- At least 15

Directions

1. Separate 20 diapers of the same size and brand into a 2.5 gallon Ziploc bag. Add one package of baby wipes to each bag.
2. Write or label the Ziploc bag with the number and size of diapers. For example, (20) Size 4 Diapers & Wipes. You may also add other descriptors like diaper brand or prints.
3. If you have extra diapers or wipes, you can simply donate them as-is.
4. After kits are assembled please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
5. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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During the week, children from six weeks to five years-old attend LifeWise StL's affordable Early Childhood Center. These kid-friendly kits keep little ones engaged onsite at LifeWise StL and at home.

Supplies

- Reusable tote, bucket, or other lightweight container
- Sidewalk chalk
- Bubble wands
- Playground balls (rubber, soccer, basketball)
- Wet wipes **and/or** hand sanitizer for clean-up

Quantity Needed

- At least 15

Directions

1. Arrange items how you see fit in the reusable tote, bucket, or other lightweight container listed above.
 - a. If any toys have instructions for set-up, please leave instructions with the item.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Youth Development

(Young Scholars Program, Freedom School Summer Camp, and LifeWise Academy)



Kits

- Servant Leader
- First Aid Kits
- Care Package
- Youth Relaxation
- Stress Balls

Interested in going beyond making kits? Check out the General Donations that Youth Development can always use.

- Gift Cards
 - Target, Walmart, or Amazon
- Hygiene Items
 - Shaving gel
 - Feminine hygiene products (e.g., tampons, pads, liners)
 - Body lotion
 - Kleenex packs

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During the summer, LifeWise StL hosts the Children's Defense Fund Freedom School Program. The program seeks to build strong, literate, and empowered children prepared to make a difference in themselves, their families, communities, nation and world today. This kit assists SLIs in leading their classroom activities.

Supplies

- Scotch tape
- Tape dispenser
- Dry erase markers, spray, erasers
- Post-it notes
- Stapler
- Hole puncher
- Adult size scissors
- Clipboard
- Plastic tote to hold above items

Quantity Needed

- At least 15

Directions

1. Arrange items how you see fit in the plastic tote listed above.
 - a. Feel free to add a personal note inside each kit.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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We provide activities based on students' interests and strengths to enrich and empower them. First Aid Kits will help us be prepared to meet the needs of participants.

Supplies

- Band-aids (a variety of sizes)
- Gauze pads
- First aid ointment
- Gloves
- First aid tape
- Plastic tote to hold above items

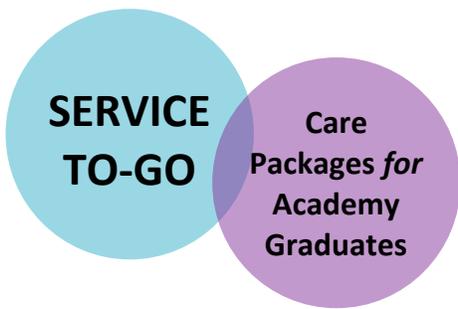
Quantity Needed

- At least 8

Directions

1. Arrange items how you see fit in the plastic tote listed above.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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LifeWise StL high school scholars take different paths after graduation: two-to-four-year college, workforce, trade school, etc. Wherever they go, we want to support them as they start this new chapter of their lives.

Supplies

- Flat Rate USPS boxes: large enough to accommodate a single care package
- Office Supplies for first year college students (pick 3 items)
 - ✓ Pens, Pencils, Highlighters
 - ✓ College Ruled Notebooks
 - ✓ Planners
- Food Items (pick 3 items)
 - ✓ Emergen-C
 - ✓ Non-perishable healthy snacks (granola bars, trail mix)
 - ✓ Non-perishable sweet snacks (chocolate, candy)
- Self-Care (pick 2 items)
 - ✓ Inspirational books
 - ✓ Notes of encouragement, quotes, etc.
 - ✓ 1 fun stress release item

Quantity Needed

- At least 15

Directions

1. Arrange items as you see fit in the appropriate size flat rate box listed above.
 - a. Feel free to add a personal note inside each kit.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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**SERVICE-
TO-GO**

**Youth
Relaxation
Kit**

Self-care is the best care as we have to take care of ourselves in order to care for others. Whether it is a study break during finals week, enjoying time off work, or disconnecting from technology to recharge, we want to empower our youth to practice mindfulness and self-care.

Supplies

- Blank lined notebook
- Pens/pencils
- Adult coloring book
- Markers/colored pencils
- Uno, Phase 10, playing cards, etc.
- Playdough or other fidget item

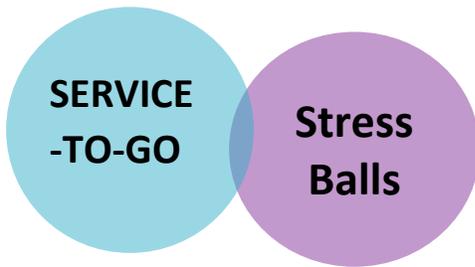
Quantity Needed

- At least 13

Directions

1. Arrange items in a plastic tote, gift bag, or anything you see fit.
2. After kit assembly, please recycle any cardboard, paper, or hard plastic. Plastic bags can be recycled at most grocery stores.
3. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL. Please pack the completed kits into a large bag, box, or plastic tote.

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This kit is an opportunity to get crafty and relieve some stress while creating items that can be used to help youth relieve some stress! Learning and practicing stress management skills are important elements of healthy living that will continue sharing with youth.

Supplies

- 12 inch rubber or latex balloons
- 1 cup of flour per balloon
- funnel (or water bottle with the bottom cut off)
- pen or pencil

Quantity Needed

- At least 15

Directions

1. Blow up the balloon and then deflate it before you start. This stretches the balloon, which makes it easier to fill it with the flour.
2. Pull the end of the balloon up over the end of a funnel.
3. Carefully pour 1 cup of flour into the funnel. Shake the funnel back and forth and tap the side of it to get the flour to go down into the balloon
 - a. If the flour doesn't seem to go through the funnel, use a pencil or pen to push it through.
 - b. If the balloon is running out of space to add more flour, pinch the opening of the balloon closed, then use your fingers to press down the flour in the balloon right below the funnel. Press and shape the balloon down and outwards to make space for more flour. (You'd be surprised how much flour you can fit into the balloon just by pressing it down!)
4. Remove the funnel and tie a knot in the balloon. Try to get the knot as close to the base of the balloon as you can.
5. Your stress ball is done!
6. Pack the completed kits into a large bag, box, or plastic tote.
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Family Development

(Economic Mobility, Emotional & Physical Wellness, Adult Education, Family Center, Market, and Bodega)



Kits

- Financial Coaching and Class Starter Kit
- Youth Starter Kit
- Credit Builder Starter Kit
- Clothing Basics Kits
- Laundry Detergent Kits
- Diaper, Wipes, and Pull-Ups
- Diorama
- Sock Puppets
- Vision/Goal/Idea Board Kit

Interested in going beyond making kits? Check out the General Donations that Family Development can always use.

- Cooking oil
- Spices and seasoning (e.g., cumin, cinnamon, ginger, chili, turmeric, cardamom, Adobo)
- Lemon or lime juice
- Condiments (e.g., ketchup, hot sauce, honey)
- Hand towels, hot pads, or oven mitts
- New wallets for both men and women
- Gift cards (e.g., for groceries, gas)
- File folders: individual or accordion (Fireproof if possible)
- Fire extinguishers
- Fireproof document bags- [Click here](#) for an example
- Playdough
- Magazines

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*The LifeWise “Bodega” thrift store offers high-quality, gently-used clothing to the community (but when it comes to socks and underwear, **we only provide new!** For this kit, repackage these essentials to be sold at a discount in the thrift store.*

Supplies

- New socks: Crew, ankle, and athletic cut preferred
 - ✓ White or black socks for men and boys
 - ✓ White or colorful socks for women and girls
- New underwear
 - ✓ Boxers or briefs for men and boys
 - ✓ Briefs for women and girls
- Ziploc bags
 - ✓ Sandwich-sized for toddlers and children
 - ✓ Quart-sized for teens and adults
 - ✓ Gallon-sized for large items
- A permanent marker **and/or** pre-made labels to indicate sizes
- Scissors to remove tags

Quantity Needed

- At least 15

Directions

1. Keep the original packaging for the socks **and/or** underwear to help remember the sizes.
2. Put 3 pairs of the same-size underwear OR 3 pairs of same-size socks into a Ziploc bag.
3. With a marker or labels, indicate what items are inside the Ziploc bag. For example: *Girls Crew Socks, Size 10 ½ to 4 | Men’s Boxers, Size M | Toddler Ankle Socks, Size 2T-3T*
4. You will likely have extra pairs of socks or underwear. In this case, simply keep them in their original packaging when you donate the items.
5. After kit assembly, recycle any cardboard or paper. Plastic bags can be recycled at most grocery stores.
6. Pack the completed kits into a large bag, box, or plastic tote.
7. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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The LifeWise STL thrift store offers affordably priced hygiene items and home cleaning supplies. For this project, divide powdered laundry container into smaller amounts to be resold at a discounted price in the thrift store.

Supplies

- Powder laundry detergent (e.g., WindFresh from Sam's Club)
- Container for detergent
 - ✓ Ziploc bags, quart or gallon-sized
 - ✓ Small boxes, such as folded top boxes or take-out boxes
- A permanent marker **and/or** pre-made labels to indicate brand and amount

Quantity Needed

- At least 15.

Directions

1. Make sure you are in a well-ventilated room or outdoors, since the laundry detergent scent can be quite strong for some!
2. Check the laundry detergent box to determine how much powder detergent is needed for a large load of laundry.
3. Using the provided scoop, put enough detergent for 10 large loads in a Ziploc bag or small box. *If you are using a box to hold the detergent, please seal the box with clear tape to prevent any powder from spilling out.*
4. Label the Ziploc bag or small box with the brand and amount of laundry loads. For example, *WindFresh Detergent: 10 Large Loads.*
5. After kit assembly, recycle any empty detergent containers or boxes appropriately.
6. Pack the completed kits into a large bag, box, or plastic tote.
7. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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SERVICE TO-GO

Financial Coaching and Classes Starter Kit

Through coaching, financial education, and access to credit and wealth building products, Life Wise STL participants can work towards their goals and financial stability. These kits can support participants as they work on their financial skills.

Supplies

- Tiny accordion file folders for receipts
- Binder
- Notebook
- Planner (can be calendar planners or budget binder)
- Simple handheld calculators

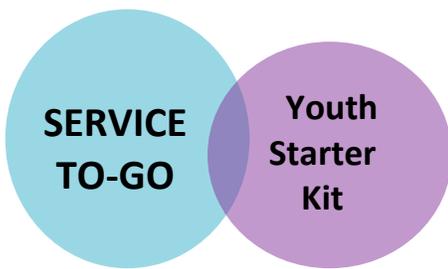
Quantity Needed

- At least 15

Directions

1. Feel free to be creative with packing these kits! Consider placing all in a binder and wrapping with ribbon or placing in a gift bag.
 - a. Feel free to add a personal note inside each kit.
2. After kit assembly, please recycle any cardboard, paper, or hard plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
4. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Through coaching, financial education, and access to credit and wealth building products, Life Wise STL participants can work towards their goals and financial stability. These kits can support participants as they work on their financial skills.

Supplies

- Piggy banks
- Notebook
- Pens
- Simple handheld calculator

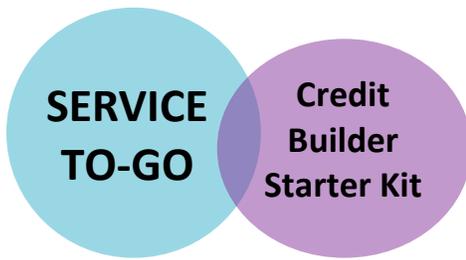
Quantity Needed

- At least 15

Directions

1. Arrange items as you see fit in gift bag.
 - a. Feel free to be creative with this kit! Consider placing gift cards with a piggy bank.
 - b. Feel free to add a personal note inside each kit.
2. After kit assembly, please recycle any cardboard, paper, or hard plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
4. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Through coaching, financial education, and access to credit and wealth building products, Life Wise STL participants can work towards their goals and financial stability. These kits can support participants as they work on their financial skills.

Supplies

- Stamps
- 5x7 envelopes
- Notebook
- Writing utensils
- Simple handheld calculators

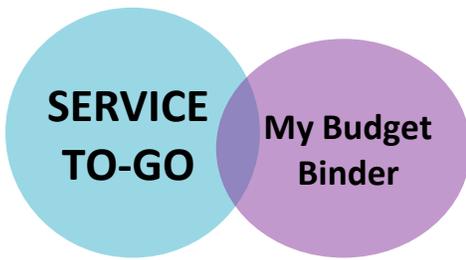
Quantity Needed

- At least 15

Directions

1. Arrange items as you see fit in gift bag.
 - a. Feel free to add a personal note inside each kit.
2. After kit assembly, please recycle any cardboard, paper, or hard plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
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Through coaching, financial education, and access to credit and wealth building products, Life Wise STL participants can work towards their goals and financial stability. These kits can support participants as they work on their financial skills.

Supplies

- 1.5 or 2 inch 3 Ring Binder
- Hole punch
- Printer
- [My Budget Binder \(Blue\) LW.pdf](#)
- [My Budget Binder \(Pink\) LW.pdf](#)

Quantity Needed

- At least 2 of each color

Directions

1. Open each Hyperlink listed under supplies.
2. Print each Hyperlink content.
 - a. Front and back is preferred.
3. Three-hole punch each set of booklet.
4. Place each booklet into a 3-Ring Binder.
 - a. Feel free to be creative with this kit! Consider placing gift cards with a piggy bank.
 - b. Feel free to add a personal note inside each kit
5. Pack the completed kits into a large bag, box, or plastic tote.
6. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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LifeWise STL provides diapers and wipes through our “Bodega” thrift store for the community at discounted prices. These kits help meet an ongoing need!

Supplies

- 2.5 gallon Ziploc Bags
- Baby wipe packs
- Diapers: sizes 3, 4, 5, 6; Pull-Ups: sizes 2T-5T
- A permanent marker **and/or** pre-made labels to indicate size and amount

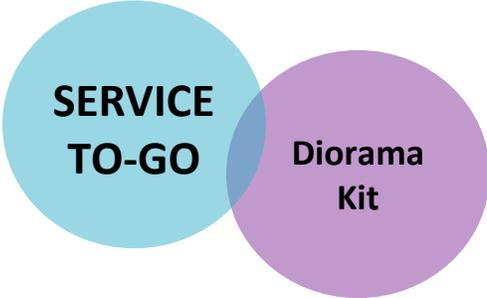
Quantity Needed

- At least 15

Directions

1. Separate 20 diapers of the same size and type into a 2.5 gallon Ziploc bag.
2. Add a package of baby wipes to each bag.
3. Write or label the plastic bag with the number and size of diapers. For example, (20) Size 4 Diapers & Wipes. You may also add other descriptors like diaper brand or prints.
4. If you have extra diapers or wipes, you can simply donate them as-is.
5. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
6. Pack the completed kits into a large bag, box, or plastic tote.
7. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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SERVICE TO-GO

Diorama Kit

The Family Center here at LifeWise Stl provides a free supervised educational and creative outlet for the young children of the participants of our programs. Free onsite childcare alleviates what can be one of the biggest obstacles to ongoing program participation for our families. This kit you provide will help with activity planning.

Supplies for 1 kit

- 1 Box
- Handful of craft sticks
- Construction paper, color based on theme picked
- Handful of pipe cleaners
- 5 Pieces of tissue paper
- Playdough, color based on theme picked
-

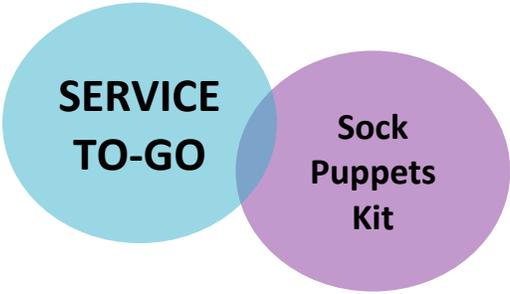
Quantity Needed

- At least 15

Directions

1. Pick one of the following themes to collect supplies for: Dinosaurs, Sea Creatures, Farm Animals, Farming, Forest Animals, Rain Forests, Egyptian, Medieval, Landscapes, Planets/Stars, and or Space Travel/Exploration.
2. Arrange items in the box that is listed above as you see fit.
3. Please keep in mind that each kit's supplies should reflect the theme that you picked in step one.
4. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
5. Pack the completed kits into a large bag, box, or plastic tote.
6. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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**SERVICE
TO-GO**

**Sock
Puppets
Kit**

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Supplies for 1 kit

- 1 Long soft sock
- 2 Googly Eyes
- Handful of pipe cleaners
- At least 6 feet of yarn
- 1 sheet of felt
- Handful of craft pompoms
- 1 Bottle of Tacky Glue
- Sewing kits ([Click Here](#) for an example)
- 1 gallon Zip Lock bag

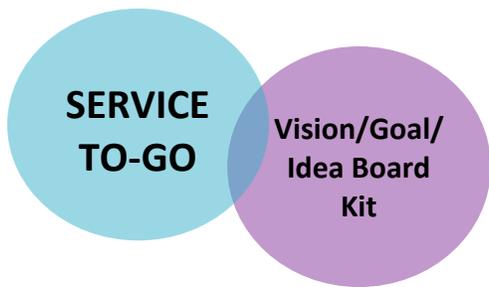
Quantity Needed

- At least 15

Directions

1. Arrange items in a 1-gallon Ziplock bag that is listed above as you see fit.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
4. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Supplies for 1 kit

- 1 Gallon Zip Lock bag
- 1 Poster board
- Large stickers (letters, fun quotes, etc.)
- One pack bold markers
- 1 Glue sticks
- Colorful tape
- Stencils/cutouts
- 1 Ruler
- Kid-friendly magazines

Quantity Needed

- At least 15

Directions

1. Arrange items except magazines and poster in a 1-gallon Ziplock bag that is listed above as you see fit.
 - a. Post board and magazines can be left out of the kits, but dropped off when kits are dropped off.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
4. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Senior Programming

(Senior Companions and Senior Resiliency)



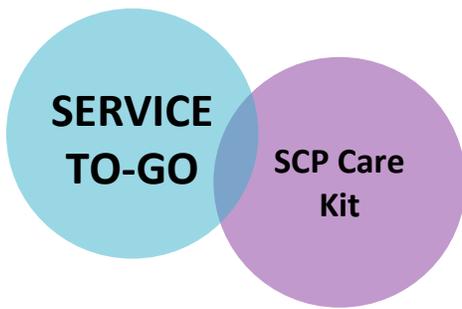
Kits

➤ Care Kit

Interested in going beyond making kits? Check out the General Donations that the Senior Programming Department can always use.

- 2 Pocket / 3 Prong Folders
- Schnucks Gift Card

LifeWise StL is located at 1321 S 11th Street, St. Louis, MO 63104. To drop off kits, please arrange a time with Alicia Somarriba by emailing her at asomarriba@lifewisestl.org.



Through home and community visits, Senior Companion volunteers help isolated and frail older adults maintain the highest possible level of independent living. These kits will provide those clients visited by our Senior Companions with needed essentials as well as activities.

Supplies

- Tissues
- Hand sanitizer
- Unscented hand lotion
- Word search books
- Coloring pencils
- Adult coloring books
- Encouragement card

Quantity Needed

- At least 15

Directions

1. Arrange items as you see fit – in a gift bag, basket, reusable tote, etc.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Pack the completed kits into a large bag, box, or plastic tote.
4. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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Volunteer Engagement and Service Learning



Kits

- Thank You Goody Bags

Interested in going beyond making kits? Check out the General Donations that the Volunteer Engagement and Service Learning Department can always use.

- Stick on name tags
- Paper water cups

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SERVICE TO-GO

Thank You Goody Bags for Volunteers

Volunteers help LifeWise STL work towards its mission every day. To show appreciation and encouragement, groups can make these kits to express how valuable the time and energy of individual and group volunteers are to LifeWise STL.

Supplies

- Treat bags or sandwich-sized Ziploc bags
- Combination of small items (*Feel free to add or remove items from these suggestions.*)
 - ✓ Chap stick
 - ✓ Word search book
 - ✓ Motivational journal
- Combination of small healthy and sweet treats (*Feel free to add or remove items from these suggestions.*)
 - ✓ Mini candy bars
 - ✓ Hershey's Kisses
 - ✓ Pretzel
 - ✓ Crackers
- A short note of gratitude or encouragement
 - ✓ Thank you for your sweet service!
 - ✓ Encouraging quote

Quantity Needed

- At least 15

Directions

1. Gather all items of your choosing from above.
2. Add your note to the bag. You can fold it and place it in the bag, pin it to the front, or use a pre-made label that says "thank you."
3. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
4. Pack the completed kits into a large bag, box, or plastic tote.
5. Contact Alicia Somarriba at asomarriba@lifewisestl.org to arrange a time for you to drop off the kits at LifeWise StL.

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