

Start Me Up Niagara - <https://www.startmeupniagara.ca/site/home>

Clothing & Footwear

- **Mens track pants – sm, med, lg, xl**
- **Hoodies – all sizes**
- Mens footwear – size 9 – 14
- Deodorant – men’s and women’s
- Body wash – men’s and women’s
- Men’s winter coats – weather proof – not material (when they get wet they are too heavy and cannot be worn)
- Season clothing for men, women, and children

Food Donations

- **Regular grind coffee**, powdered creamer, sugar
- **Non-perishable food** for food bags
- Packaged food from **licensed commercial kitchens**
- Fresh produce

Hygiene Products

- Shampoo, conditioner, deodorant
- Toothbrushes and toothpaste
- Sunscreen and bug spray
- Full-size and travel-size items

Books & Activity Supplies

- Fiction and non-fiction books
- Comics, graphic novels, magazines
- Activity books (crosswords, sudoku)
- Craft supplies, paints, puzzles, and games

Bike Donations

- Items for their *Bike Me Up* program (bikes, helmets, locks)

Drop Off Time for Clothing

Tues: 10am - 12pm; Fri: 10am - 12pm; Sun: 12pm - 2pm

Drop Off Time for Bikes and Related Gear

Bike Me Up - Tuesday to Thursday 9 am until 2 pm (lunch 12:00 - 12:30).

All other donations: Monday to Friday from 9 am to 4 pm

CONTACT INFORMATION!

Resource Centre

Address: 203 Church Street, St. Catharines, ON L2R 3E8

Phone: 905-984-5310

General inquiries: info@startmeupniagara.ca