

**The following are items requested for the
RAHAB Boutique
and for Pre-cooked Food to Freeze**

**Please direct any questions you have to Lynda McGinnis*

- **Gently used women's clothes in all sizes:** shirts, jeans, dresses, dress pants, t-shirts, leggings, pajamas, jackets etc. (we especially could use fall clothes as we're headed into that season)
- **Shoes:** boots, tennis shoes (in good condition), walking shoes, any type of shoes
- Feminine hygiene products (tampons/ maxi pads)
- Purses
- Jewelry
- **Undergarments in various sizes** - bras, camisoles, socks and underwear (*underwear must be new*)
- Full-size Shampoo and Conditioner (***Please remember, while you might be able to purchase more at a discount store, RAHAB works to show the women we serve their worth in everything we do. We request that you avoid bargain brands such as VO5 and Suave, which can damage their hair and instead choose items such as Pantene or Tresemme. Thank you!***)
- Full size body wash
- Full size deodorant
- Full size body lotion
- Full size toothpaste
- Toothbrushes
- Chapstick / lip balm
- Cottonballs
- Cotton swabs/Q-tips
- Double bladed (or higher) women's razors

**Scroll down to see the
Guidelines for Donating Food to RAHAB Ministry**

Guidelines for Donating Food to Rahab

Please make sure all food is fully cooked.

Disposable 9x13 aluminum pans are best (they have them at Dollar Tree) as we can stack them easiest in our freezer. Please cover the aluminum pans with foil or aluminum lids.

Oatmeal raisin cookies and muffins are not a big hit here or anything with nuts. The ladies LOVE chocolate! As much chocolate as possible!

The food doesn't have to be frozen but can be.

Please clearly mark what is in the pan with the name of the dish and date and if you have any specific reheating instructions.

Some suggestions for food would be:

Casseroles

Chicken Alfredo

Lasagna

Enchiladas

Chicken Pot Pie

Taco Meat

Rigatoni

Roast

Seasoned baked chicken

Sandwiches and wraps

Salads

Fruit Salad

Side dishes-mashed potatoes, cheesy potatoes, broccoli and cheese, corn, green beans, noodles

Cookies

Brownies

other desserts

The ladies rarely get good quality meat so they love any type of chicken or beef. Thank you so much for blessing our ministry in this way! It is very much appreciated!