

# How to make a Shoebox:

All Shoeboxes must be valued at approximately \$50 and include NEW items only.

## Before you get started:

Please consult [our website](#) for the most up-to-date information on if, when and where we will be collecting Shoeboxes in your area. You can look up your specific community [here](#).

## Select your Shoebox:

- ◆ All items must fit within a standard-sized Shoebox or a decorative memory box of the same size (approximately 14"x8"x5")
- ◆ The gift MUST be unsealed so that it can be opened for inspection.
- ◆ Your gift should look as beautiful as possible - line your gift with tissue paper and make sure the wrapping has no rips & tears.
- ◆ Do not include bows or other items on top, as Shoeboxes will be stacked.

## Fill your shoebox with about \$50 worth of items:

All Shoeboxes should include each of the following items:

- ◆ Gift Card (we recommend \$10 to a grocery or drug store)
- ◆ Shampoo & Conditioner (please consider all hair types and textures)
- ◆ Body Wash
- ◆ Deodorant
- ◆ Toothbrush & Toothpaste
- ◆ Socks
- ◆ Chocolate/Candy (nut-free)
- ◆ Cosmetics (lipstick, eyeliner, mascara, nail polish, etc)
- ◆ A cozy accessory (hand warmers, hat, mitts, scarf)
- ◆ Skin care (sunscreen, face cream, body/hand lotion, cleanser)
- ◆ Self-care (journal, facial mask, eye mask, lip balm, colouring book)

## Write a message:

Each Shoebox should include a card or note - a simple but kind greeting to let your Shoebox recipient know that you care. Please do not seal your envelope!

## Please do NOT Include:

- ◆ Used goods
- ◆ Unpackaged items
- ◆ Hotel/Free Samples
- ◆ Sized clothing (i.e. S, M, L, XL)
- ◆ Products containing alcohol (ie. mouthwash and sanitizer)
- ◆ Candles
- ◆ Foundations, concealers or any product for a specific skin tone
- ◆ Tampons & sanitary napkins
- ◆ Razors, nail kits or anything sharp that could cause harm
- ◆ Jumbo-sized containers
- ◆ Perfume and heavily fragranced products

**Create a Virtual Shoebox** – You can select as many items as you'd like and purchase a symbolic Shoebox from [our website](#). You will receive a charitable receipt for your donation and the funds from your virtual gift will be used to distribute gifts and essentials to women in your local community.



## ABOUT THE SHOEBOX PROJECT

The Shoebox Project for Women is a national registered charity that is dedicated to sharing empathy, kindness and compassion with local women impacted by homelessness through the collection and distribution of gift-filled Shoeboxes and messages of support.

## OUR IMPACT

In 2021, we distributed **\$1,690,864** worth of gifts and essentials!

Since our founding year, we have distributed more than **251,000 Shoeboxes**, with gifts and essentials valued at a total of **\$14 Million**.

People who are experiencing homelessness or relying on community support often report feeling disconnected from their community, invisible and alone. A Shoebox gift not only contains essentials and gifts that are much appreciated by the women we serve, but it's also a rare and genuine gesture of kindness from one community member to another, and serves as a powerful reminder for a woman that she is not alone.