

## **The Mission**

One Heart for Women and Children's mission is to provide the necessary resources for families as they transition through and overcome varying hardships of daily living in the Central Florida region and abroad. We have established partnerships with many Central Florida resources to educate, empower, and mentor men, women and children. We provide the following services from our Homebase in Orlando, FL.: Clothes, Food, School Supplies Personal, Hygiene Items, and Household Items. We offer a full spectrum education and prevention services to families including: Life skills and Parenting Classes, Youth Education and Outreach, and Drug and Alcohol Prevention. Abroad One Heart for Women and Children delivers many of these services to Haiti, Costa Rica and Africa. We coordinate special projects that link local businesses to help others from construction, home renovations, to planting sustainable gardens. We connect a community that cares, creates hope and fosters opportunity to those in need.

## **One Heart for Women and Children Needs 2021**

### **1. Canned and Non Perishable Goods**

We provide food to over 1,000 clients a week and purchase much of our pantry goods at a shared cost from Second Harvest. Some of our clients are homeless and not able to cook. Non-perishables with pop tops or easy open lids are always needed.

### **2. Baby Products**

We provide our clients with baby products free of charge. Diapers of all sizes, pull ups all sizes, wipes, baby wash, new swaddles, etc.

### **3. Hygiene Items**

We provide our clients with new hygiene items free of charge. Shampoo, Conditioner, soap, body wash, toothbrush, razors, shaving cream, etc.

### **4. Home-in-a-box**

We do outreach projects in paramore and low income neighborhoods where we can impact immediately. New tents, sleeping bags, lanterns, tarps, small pillows, towels, bag of ready to eat food, OFF Bug Spray, and Flashlights.

### **5. Bikes**

We provide bikes to those in need that are gently used and in working condition.

### **6. Backpacks**

New or gently used backpacks or luggage for our clients that have to walk or ride a bike to pick up food and hygiene.

### **7. Socks**

New socks for our Paramore outreach that we do every Sunday. We provide 150 hot meals every Sunday and hand out additional goods. One of the biggest needs in that area are new socks.

### **8. Undergarments**

New underwear for both genders and all ages for clients in need.

### **9. Shoes**

New or gently used shoes for clients in need.

### **10. Gift Cards**

We provide gift cards in \$15-\$20 increments to clients that have specific needs that we don't have at One Heart. For example, prescriptions and medications. Gift cards to Walmart, Target, Publix, and any other superstores are one of our biggest needs. Our clients will bring their receipts to us after they purchase what they needed.