



# May Donation Drive

## Did you know?

Health and hygiene products for women and children are at the top of the list for organizations who work with homeless and low-income folks.

Benefiting organization:

*Friends of Prado Day Center*

## What YOU can do to help:

1) DONATE & DROP OFF listed items (through May 31st)

### HAMO Mama and Baby Care Essentials

- Sanitary napkins & tampons\*
- Toothpaste & toothbrushes\*
- Deodorant\*
- Toiletries: Shampoos, lotions, and potions\*
- Hotel soaps and travel-sized toiletries\*
- Diapers (size 3–6)
- Pull-ups
- Diaper wipes\*
- Diaper ointment\*
- Baby/toddler toiletries\*

\* Unopened items only, please.

\* Please only donate items related to health and hygiene. If you have other items to donate, contact the local organization directly.

Drop Off Location:

San Luis Obispo County YMCA  
1020 Southwood Drive  
San Luis Obispo, CA 93401

2) PURCHASE ONLINE

Have you gotten that special mom something for Mother's Day? Buy a mom-in-need a case of diapers, wipes, or tampons and we'll email you a nifty Mother's Day ecard you can give to that special mom in your life.

From now until midnight, May 8th, email us your proof of purchase off one of our administered Amazon wishlists, and we'll send you a swell ecard to forward to your honoree. Visit [www.helpamotherout.org](http://www.helpamotherout.org) for details.

3) SPREAD THE WORD

# HELPAMOTHEROUT.ORG