

# Build and Donate a Hygiene Kit: A Step-by-Step Guide

Many people who rely on our food pantry for their weekly groceries also struggle to afford essential hygiene items. These products are often overlooked but are crucial for a person's health, dignity, and self-confidence. By providing these items, you're helping a family or individual care better about their health and mental wellness.

## Where to Donate:

You can drop off your completed hygiene kits at the food pantry during business hours:

**795 Center Street, Unit 2 (Basement level)**  
**Herndon, VA 20170**

Hours of Operation: **Monday - Saturday: 10:00am - 1:00pm**

## Instructions on How to Build a Hygiene Kit

1. Please refer to the chart below for a list of essential items needed for each kit, along with approximate pricing to help you find the best value. **\*\* These prices are just estimates. Please check stores for current prices.\*\***
2. Include new, unused items in kits.
3. Kits should include full-sized products.
4. Please place items in a large Ziploc bag or a reusable tote bag.
5. Number of kits: 100 to 150 kits per month.

Please refer to the chart below for a list of essential items needed for each kit, along with approximate pricing to help you find the best value. **\*\* These prices are just estimates. Please check stores for current prices.\*\***

| Item      | Product   | Walmart<br>(Regular Price) | Target<br>(Regular Price) | Costco<br>(Approximate Price) |
|-----------|---|----------------------------|---------------------------|-------------------------------|
| Bath Soap | Dove Beauty Bar (4 oz),<br>Irish Spring (3.75 oz) | \$1.37 per bar             | \$1.39 per bar            | \$0.75 per bar                |

|                                     |  |                     |                     |                          |
|-------------------------------------|--|---------------------|---------------------|--------------------------|
| <b>Toothpaste</b>                   | Crest Complete (5.4 oz),<br>Colgate Cavity (6 oz)                  | \$2.97              | \$2.99              | \$1.66 per tube          |
| <b>Toothbrush</b>                   | Oral-B Complete, Colgate<br>Premier Clean                          | \$1.00 per<br>brush | \$1.00 per<br>brush | \$0.75 per brush         |
| <b>Shampoo with<br/>Conditioner</b> | Head & Shoulders (23.7<br>oz), Suave (28 oz)                       | \$10.97             | \$10.99             | \$0.42 per oz            |
| <b>Razors</b>                       | Gillette Mach3 (Male),<br>Gillette Venus (Female)                  | \$7.97              | \$8.49              | \$2.00 per razor         |
| <b>Female Hygiene</b>               | Always Maxi Pads<br>(40-count), Tampax Pearl<br>Tampons (36-count) | \$7.97              | \$7.99              | \$0.16 per pad           |
| <b>Laundry<br/>Detergent</b>        | Tide (84 oz)/Gain (88 oz)  | 12.97/9.94          | 12.99/10.49         | 170 oz at<br>29.99/23.99 |
| <b>Dishwashing<br/>Liquid</b>       | Dawn Ultra (21.6 oz),<br>Palmolive Ultra (20 oz)                   | \$3.47              | \$3.49              | \$0.11 per oz            |
| <b>Sponges</b>                      | Scotch-Brite Heavy Duty,<br>O-Cedar Scouring Pad                   | \$3.47 (3-pack)     | \$3.49<br>(3-pack)  | \$0.65 per sponge        |
| <b>Bathroom<br/>Cleaner</b>         | Lysol All-Purpose (32 oz),<br>Clorox All-Purpose (32 oz)           | \$4.17              | \$4.19              | \$0.09 per oz            |



**Questions?** Please contact us at [shazia@faithus.org](mailto:shazia@faithus.org). Thank you for your generous support!

