

**Volunteer Project:
Decorating CarePackages**
A great project for groups, including youth

What is a CarePackage?

TIHAN distributes CarePackages to our clients, all of whom are living with HIV. Clients are eligible for one CarePackage per month. The bags are filled with donated toiletries and cleaning items, such as toilet paper, paper towels, shampoo, deodorant, toothbrushes, and toothpaste. These items cannot be purchased using food stamps, so this is an important program for our clientele who are largely low-income individuals and families.



In addition to being stuffed with necessities, CarePackages are lovingly decorated by volunteers. That way our clients know someone is thinking about them, and the CarePackages are given in the spirit of a gift.



Guidelines:

- Go to a grocery store (e.g. Trader Joe’s, Sprouts) for donations of paper bags **WITH** handles
- Decorate the bags using things like:
 - Markers and crayons
 - Paint
 - Stickers
 - Construction paper
 - Wallpaper
 - Wrapping paper
 - Pictures from old calendars or magazines
- Decorate both sides of the bag
- Be sure the bag can be opened after it is decorated
- Positive verbiage is great, such as “Have a great day!” or “Peace · Love · Happiness”
- Bags may be seasonally themed in a non-denominational way (e.g. winter, Thanksgiving); or general all-purpose themes

| <u>Please do not use:</u> | <u>Why?</u> |
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| Glitter | Messy! |
| Sequins, beads | May fall off easily |
| Religious symbols or verbiage | Our clients come from a wide variety of religious traditions |
| Red ribbons; other references to HIV/AIDS or TIHAN | Clients may have the bags with them on the bus or in other public places |
| Messages like “Feel better soon!” | Many, if not most, of our clients are not actively sick. They are living well with HIV! |

- **Decorated bags can be brought to TIHAN’s office at 2660 N. 1st Ave. (just south of Glenn)** ·
- For questions, please contact ProgramManager@tihan.org or 299-6647 Ext. 203 ·

Thanks for helping us share the care!