## USEFUL GIFT CARDS FOR LA RUE DES FEMMES PARTICIPANTS: $5, $10 OR $20

**With these cards, when it turns cold and women are outdoors, they can seek shelter in a local café or restaurant, day or night, to keep warm.**

**And grocery gift cards enable the organization's participants to extend their food budget till the end of the month.**

**Finally, movie gift cards are a great way for the women to enjoy a cultural outing during the Holiday season.**

Following are some gift card ideas:

- Tim Hortons
- Starbucks
- McDonald's
- A&W
- Burger King
- Walmart
- IGA
- Metro
- Dollarama
- Movies

## SNACK ITEMS NEEDED FOR CHRISTMAS CELEBRATIONS

For some 15 days beginning about December 24, the team at La rue des Femmes traditionally provides its participants with additional sweet and savoury snacks as a way of comforting and pampering them during the special time of year that is the Holiday Season.

Following are some Holiday snack ideas:

- Nuts
- Candies
- Chocolate
- Cookies
- Granola bars
- Sucre à la crème (traditional Québec fudge)
- Powdered hot chocolate packets; coffee, tea and tisane bags
- Chocolate-hazelnut spread and jams
- Potato chips and similar munchies
- Soft drinks and non-alcoholic beverages, fruit juices (single portions)
- Fruit compotes (e.g., apple sauce) and fruit salads (single portions)
- Cheese sticks
- Popcorn

LA RUE DES FEMMES

**120 IDENTICAL CHRISTMAS GIFTS FOR THE 120 PARTICIPANTS OF LA RUE DES FEMMES!**

Dear donors of the Christmas season at La rue des Femmes,

Every year, we're on the lookout for a special Christmas gift for our 120 participants at our 3 shelters.
To avoid disparities and inequalities between users, a theme they constantly face on the street, we're on the lookout for 120 identical units (products and/or accessories), or for new clothes, in sizes ranging from Small to XXL.

Here are some examples of Christmas gifts from previous years to give you an idea:

- Beauty products for body and face
- Make-up bags
- Backpacks
- Handbag or satchel
- Pocket coffee thermos
- Gloves or mittens
- Warm scarves for winter
- Pyjamas
- Hoodies
- Leggings
- Jogging suits

Thank you for thinking of the most vulnerable women over the Christmas festive season.

With our sincere gratitude,
The team at La rue des Femmes

Contact :
Head of material donations (second-hand clothing and Christmas goods collection):

- dons.materiel@laruedesfemmes.org
- 514 284-9665

Informations :

- Day: weekdays, Monday to Friday
- Time: 8 a.m. to 4 p.m.
- Address: 1050 rue Jeanne Mance, corner De la Gauchetière, métro orange line, Place d'Armes station. Free parking for several minutes in front of the main entrance or in front of our gated parking area a few metres above 1050 on the same sidewalk (one-way street)

LA RUE DES FEMMES