At IHS, The Institute for Human Services, we provide meals, shelter, supplies, household goods and necessities. Whether it’s backpacks for school children, diapers for infants or clothes for the elderly, these essentials improve the quality of life of those living in poverty.

**Check out our Amazon Wish List**

**For Adults in Isolation Due to COVID-19**
- Art supplies
- Adult coloring books and colored pencils or crayons
- Puzzles
- Magazines
- Books
- Pillows
- Healthy snack options
- Gatorade

**Additional COVID-19 Needs**
- Forehead thermometers
- Face masks & gloves
- Hand sanitizer stations
- Take-out containers
- Rubbing alcohol & bleach
- Mops and Buckets
- Clorox Wipes
- Toilet Paper & Paper Towels

**For the Keiki**
- Children's headphones to support e-learning
- TV tables to be used as school desks
- New yoga mats for baby tummy time

**Food Items**
- Rice (large bags - 50lbs ideal)
- Canned Beans & Canned Meats
- Packaged Foods such as instant noodles, saimin, pasta
- Fresh foods including fruits and vegetables

**Home Goods**
- Blankets, Sheets & Pillow Cases
- Bathroom Towels & Wash Cloths
- Laundry Soap & Fabric Softener
- Dishwashing Soap

**Clothing**
- Women's & Men's Casual & Business Clothes
- Shoes, Slippers & Sandals
- New undergarments for people of all ages including diapers

**Toiletries & Hygiene**
- Shampoo & Conditioner
- Deodorant
- Baby Wash
- Razors & Shaving Cream
- Feminine Products
- small hand sanitizer bottles for personal use

*List updated in August 2020.*

**Wish List & Community Drives**
Complete this form and send it to Volunteer@IHShawaii.org to host a goods drive. All donated items go directly to IHS clients, free of charge.

Many of these items are often packaged to create welcome home gift baskets, toiletries kits and back-to-school sets in which we must have enough items to produce about 20 to 50 at a time. Groups can help purchase enough supplies and assemble these for distribution. Gift cards from stores such as Walmart, Target and Ross and cash donations help greatly too.

Donation Drop Off: Kaaahi Women & Family Shelter | 546 Kaaahi Street | Pull up to the gate/drop off center on side of the building at Kaamahu Place.

For more ways to help, click here.