



Birchway
N I A G A R A

Because of you, it feels like home

HOW IN-KIND GIVING HELPS
SURVIVORS MAKE A FRESH START



Pantry

A FULL PANTRY FUELS HEALING AND CONNECTION

Your pantry donations stretch a limited grocery budget while ensuring that women and children have access to nourishing, familiar foods. Staff make multiple grocery runs in Birchway Niagara's van each week to keep shelves stocked, but it's the generosity of in-kind donors that truly makes it possible to feed over 200 clients annually.

Beyond meeting basic needs, a donation of non-perishable food creates moments of connection and healing. Cooking and baking can be grounding, therapeutic, and empowering. Through shared meals, families build life skills, confidence, and a sense of normalcy.



Because of you, our pantry includes essentials like:

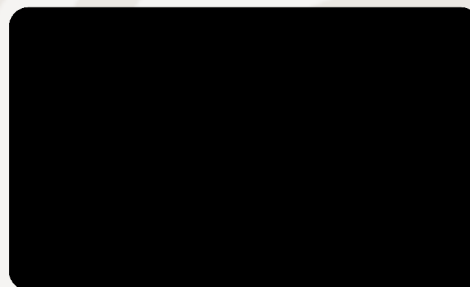
cereal • rice • coffee and tea • nut-free school snacks • pasta and sauces •
canned/boxed meals • tuna • cooking oil • baking supplies • peanut butter •
Wowbutter • jams • pancake and baking mixes • spices • juice • sugar •
canned fruit • apple sauce • flour • syrup • paper towels • plastic storage
bags • dehydrated/boxed potatoes • syrup • butter chicken sauce •
Hamburger Helper • Kraft dinner • microwave popcorn

Hygiene

BASIC TOILETRIES PROVIDE COMFORT

For many women, one of the first moments of relief after arriving at Birchway Niagara is something simple: a warm shower. This simple act can be one of the first steps feeling safe again.

Every donation of **full-size toiletry products** creates a sense of dignity and belonging. These are not temporary, hotel-style items. They are the kinds of essentials that say: you deserve comfort, care, and normalcy, and you can stay as long as it takes to get back on your feet again.



Because of you, survivors have access to:

shampoo • conditioner • deodorant • toothpaste • disposable razors •
sanitary napkins • tampons • disposable diapers • baby wipes • lotion •
hairbrushes • new undergarments.

Household items

BUILDING THE FOUNDATION FOR A NEW START

When a woman leaves shelter, she is often starting over with very few belongings.

Because of you, she doesn't have to start from nothing.

A kettle for morning tea. A set of dishes for family meals. Cleaning supplies like a broom, mop and paper towels. These everyday items create comfort, routine, and stability in a new space.

They help transform an empty apartment into a home.



Because of you, families receive essentials like:

Alarm clocks • kettles • toasters • coffee makers • pots and pans • plates • bowls • glasses • can openers • reusable water bottles • storage containers • hair dryers • new bed linens • new towels • hot water bottles

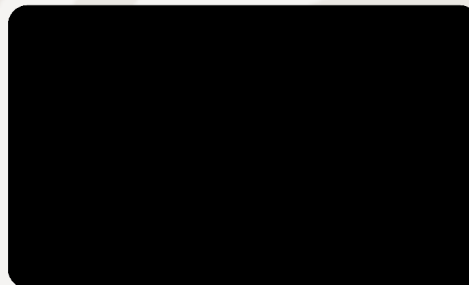
Gift Cards

FLEXIBILITY WHEN IT MATTERS MOST

Every journey is different. Every family's needs are unique.

Gift cards allow Birchway Niagara to respond in the moment, ensuring that women and children have what they need, when they need it.

Whether it's groceries, a winter coat, a car seat, or essentials for a new home, gift cards provide choice, dignity, and flexibility. They remove barriers and make transitions smoother during an already challenging time. Because of you, we can provide for urgent and everyday needs.



Because of your donation of gift cards, we can provide survivors with essential items from:

Walmart • grocery stores • Giant Tiger • Shoppers Drug Mart • Indigo • Amazon • Canadian Tire

Celebrations

YOU MAKE MOMENTS OF JOY POSSIBLE

In the midst of uncertainty, moments of joy matter deeply.

When a child, teen or woman has a birthday or seasonal celebration while staying at Birchway Niagara, there are presents, decorations and other goodies to make the day feel special.

New toys and other gifts (and even gift wrap) can offer comfort, distraction, and a chance to simply feel seen. They support emotional healing and help create positive memories that can last a lifetime.



Thank you for making space for joy by donating:

new toys • gifts for teens • seasonal goodies • gift wrap

Clothing & more

DIGNITY IN EVERY DETAIL



Did you know that you can send a gift without even leaving your home? Scan the QR code to see a list of our most-needed items on our Amazon Wish List. Then arrange to have your gifts delivered to our door!

What someone wears can shape how they feel.

Because of you, women and children have access to new clothing that fits, feels comfortable, and supports their confidence as they move forward.

From everyday essentials to seasonal items, these contributions help people feel prepared for school, work, and daily life.

Your generosity helps restore a sense of normalcy and self-worth.



Thank you for helping survivors to feel confident and comfortable by donating:

new clothing for women and children • new and very gently used winter coats

Thank you to our partners at Value Village and Goodwill helping to meet the needs of our clients with donations of used clothing.



Want to learn more about the impact of your in-kind donations?

To learn more about in-kind giving (including lists of our most-needed items) and its impact, visit <https://birchway.ca/give-help#stuff> or **contact Birchway Niagara's Fundraising and Events Manager, Teagan Foord:**



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