

# Get Up & Give

for Methodist Family Health Foundation

Every Spring, Methodist Family Health Foundation asks Arkansans across our state to contribute necessities to the children and their families in our care. Individuals, groups and businesses can participate by donating the much-needed items listed in this brochure to Methodist Family Health Foundation or the Methodist Family Health Counseling Clinic closest to your community.

Many of the children we serve are in the foster care system or come from families with little or no money. The Get Up & Give collection helps provide basic necessities to our clients while they heal from being abandoned, abused, neglected or struggling with psychiatric, behavioral and emotional issues.

For more information about Get Up & Give, visit [MethodistFamily.org/get-up-and-give](http://MethodistFamily.org/get-up-and-give). For questions about Get Up & Give, contact Methodist Family Health Foundation Development Coordinator Jamie Griffith at [jgriffith@methodistfamily.org](mailto:jgriffith@methodistfamily.org), 501-906-4209.

**Drop off items between  
February 14 – April 1, 2024  
at one of the locations below:**  
\*please call for drop off hours\*

1209 Hwy 71N  
Suite B  
Alma, AR 72921  
479-632-1022

74 W. Sunbridge Dr.  
Fayetteville, AR 72703  
479-582-5565

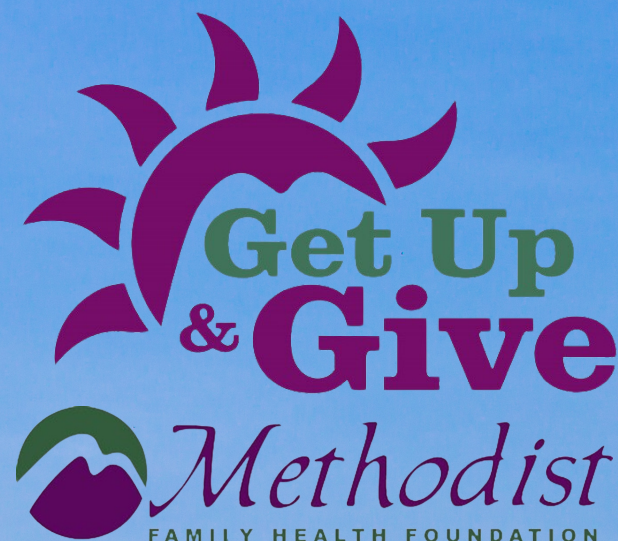
515 W. Main St.  
Heber Springs, AR 72543  
501-365-3022

100 Ridgeway  
Suite 5  
Hot Springs, AR 71901  
501-318-6066

2239 S. Caraway  
Suite M  
Jonesboro, AR 72401  
870-910-3757

1600 Aldersgate Rd.  
Suite 100  
Little Rock, AR 72205  
501-906-4201

621 E. North St.  
Magnolia, AR 71753  
870-234-0739





## Items in Most Need

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- WHITE towels & washcloths
- WHITE twin-size only sheets, mattress pads, comforter sets, pillowcases
- Bed pillows
- Body wash – Suave Only (male, female or unisex)
- Solid deodorant – Suave Only (male, female or unisex)
- Shampoo – Suave Only
- Conditioner – Suave Only
- Lotions (unscented) – Suave Only
- Toothpaste in regular & travel sizes
- Toothbrushes in adult & child sizes
- Paper towels
- Tampons
- Diapers in all sizes
- Undershirts in youth & men's sizes small to 4X
- Boxer briefs in all sizes
- Socks in all adult sizes
- Non-spiral composition notebooks

*For the health and safety of the children and families in our care, all donated items must be new.*

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### Donate Funds

Methodist Family Health Foundation  
1600 Aldersgate Road, Suite 100  
Little Rock, Arkansas 72205  
\*note GUAG on checks\*  
MethodistFamily.org/Donate  
501-906-4201

## Other Items Requested

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### Bath

- Shaving cream
- Disposable razors
- Facial tissue
- Hairbrushes
- Textured hair care products (shampoo, conditioner, gel, combs, oil)

### Bedding

- Toddler bed sets in any color

### Baby Care

- Baby wash
- Baby lotion
- Infant Tylenol & Ibuprofen
- A&D Ointment
- Vaseline – small jars only
- Diaper wipes
- Pullups in sizes 2T to 5T

### School Supplies

- Backpacks in clear & solid colors
- Pens
- Perler bead supplies & kits
- Colored markers
- Crayons
- Canvases & paint brushes
- Art sets
- Non-spiral notebooks & journals

### Books and Toys

- Card & board games
- Hot Wheels cars & road mats
- Coloring books for adults & children
- Building blocks of all kinds (Legos, Lincoln Logs, etc.)
- Basketballs, footballs, volleyballs

### Clothing

- Black leggings in women's sizes small to 4X
- Sweatpants in adult sizes small to 4x (no drawstring)
- Pullover or zippered hoodies in adult sizes small to 4x
- Pajamas in adult sizes small to 4X (any color or pattern)
- Underwear in women's sizes small to 3X
- Non-underwire bras in sizes 34 to 40 in B, C, D, DD cups

### Feminine Hygiene

- Pads & pantyliners

### Gift Cards

- Walmart, Visa & Amazon in any amount
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*To purchase items to ship directly to us from Amazon & Walmart, see the wishlist links on our website: [MethodistFamily.org/get-up-and-give](https://MethodistFamily.org/get-up-and-give).*