



CORNERSTONE
EMERGENCY SHELTER AND HOUSING FOR WOMEN

WISH LIST

Choose Hope

172 O'Connor St., Ottawa, ON K2P 1T5 Tel: 613-237-4669 Fax: 613-237-5659
 515 rue MacLaren St., Ottawa, ON K1R 5K5 Tel: 613-233-2243 Fax: 613-233-9529
 "www.cornerstonewomen.ca"



Help us to make 57,000 meals this year by donating food & beverages!

- Fresh or frozen fruits & vegetables
- Pre-prepared food (leftovers from meetings, parties & conferences)
- All dairy products (cheeses, yogurt, milk, creams, powdered milk)
- Fresh or frozen meats (chicken, turkey, deli, roast pork/beef & ham)
- **SLICED** white or brown bread
- Juices, coffee, whitener, teas, hot chocolate & pop
- Spices, sauces & condiments (mayonnaise, ketchup, mustard)
- Kitchen necessities (plastic wrap, tin foil, dishwasher detergent, kitchen towels, SOS pads, paper & towels)

*Note: As per the Canadian Food Inspection Agency fresh/pre-prepared foods must be kept or stored at or below 4 degrees C (40 degrees F) and have a storage life of no longer than three days
 Please call 613-237-4669 before bringing in food donations*

Items you can contribute to the women who live at Cornerstone:

- Underwear, socks, pajamas & slippers
- Bus tickets, stamps, stationary & craft supplies
- Grocery, Tim Horton's, Giant Tiger gift cards

Things you can contribute to support our housing and support services:

- Your financial gifts will assist us in providing safe shelter, affordable housing & nutritious meals for our residents
- Single bed bedding, towels, feminine products & face cloths
- Stationery & office supplies (paper, pens, craft supplies)
- Canadian Tire money
- Volunteer your time and skill sets

Help us open a home by contributing to our vision of a new transitional healing community:

- "Adopt a Room" in our new community
- Organize a fundraising event to help increase awareness and funds
- Join a committee to help us move to the next stage of development
- Spread the word that we can all help end homelessness in Ottawa!

