

6540 SYLVAN RD  
CITRUS HEIGHTS, CALIFORNIA



## REACH OUT OUTREACH

Feeding the City

Join us by giving to our ongoing collection of boxed and canned foods, clothing, and essentials. These collections assist the Sunrise Food Closet, Bags of Hope Ministries, and Lifting Spirits Higher, organizations that are committed to helping with dignity and love.

### DONATION DETAILS

**On-Campus Donation Drop-off Schedule:**

Last Sunday of the month

8:30 am - 11:30 am

**Location:**

Heights Church Back Parking Lot



### CLOTHING

**NEW OR USED IN GOOD CONDITION & CLEAN**

COATS, CLOTHING & SHOES  
FOR KIDS AND ADULTS

**THESE ITEMS SUPPORT PROJECTS  
FOR CH WOMEN'S CLUB**

RUBBER SOLED SHOES  
(SINGLES OKAY)

USED EYEGLASSES  
(FOR THIRD WORLD COUNTRIES)

### WHAT NOT TO BRING

- FROZEN FOOD
- SELF PACKAGED
- FRESH PRODUCE
- HOMEMADE
- OPEN PACKAGES
- EXPIRED

CONTACT US AT

OUTREACH@HEIGHTSCONNECT.COM  
(916) 726-2100

For more info  
Scan here!



### ESSENTIALS

BATH SOAP  
BLANKETS  
CAN OPENERS  
COOKING OIL  
DISH SOAP  
PLASTIC BOWLS & PLATES  
POTS & PANS  
SOCKS  
SPATULAS  
TOOTHBRUSH  
TOOTHPASTE  
SHAMPOO (TRIAL SIZE)  
SIMPLE COOKING SUPPLIES  
SLEEPING BAGS & PADS



### FOOD

BEANS  
BREAD  
BOTTLED WATER  
CANNED VEGETABLES  
CANNED FRUIT  
CANNED MEAT  
CEREAL  
FLOUR  
GRANOLA BARS  
INDIVIDUAL PACKAGED FOOD  
(RAMEN, APPLESAUCE, FRUIT)  
JELLY  
PASTA  
PEANUT BUTTER  
RICE  
SNACKS  
SPICES  
SUGAR  
TOMATO SAUCE  
TOMATO PASTE  
WATER BOTTLES