



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

Get Up & Give is an annual donation drive to collect necessities and much-needed items for those in the care of Methodist Family Health. Many of the Arkansans we serve are in the foster care system or struggle to afford basic essentials.

Individual, group and corporate support helps provide supplies that allow our clients to focus on healing after experiencing abandonment, abuse, and neglect or struggles with psychiatric, behavioral and emotional issues.

**Donate Funds or Reach Out for More Info**

Methodist Family Health Foundation  
1600 Aldersgate Road, Suite 100  
Little Rock, Arkansas 72205  
note GUAG if sending checks  
mfhfoundation.org  
foundation@methodistfamily.org  
501-906-4253

**Ship Directly to Us by Purchasing from Amazon & Walmart**

Scan QR codes below to see wish lists.  
Note name & address in gift area to receive acknowledgement & tax receipt

AMAZON



WALMART



**Items in Most Need**

- WHITE towels & washcloths
- WHITE twin-size sheets, mattress pads, comforter sets, pillowcases
- Bed pillows
- Body wash–Suave Only
- Solid deodorant–Suave Only
- Shampoo–Suave Only
- Conditioner–Suave Only
- Unscented lotion–Suave Only
- Toothpaste in regular & travel sizes
- Toothbrushes in adult & child sizes
- Paper towels
- Tampons, pads & pantyliners
- Diapers in all sizes
- Undershirts in youth & men’s sizes small-2X
- Boxer briefs in all sizes
- Socks in all sizes
- Non-spiral composition notebooks

**Other Requested Items**

**Bath**

- Shaving cream
- Disposable razors
- Facial tissue
- Hairbrushes
- Ponytails holders & hair clips
- Textured hair care products, like Cantu (shampoo, conditioner, gel, combs, oil)

**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, soccer balls

**School Supplies**

- Clear & solid colored backpacks
- Perler bead supplies & kits
- Pens, markers & crayons
- Colored pencils & pencil bags
- Canvases & paint brushes
- Crafts & art sets
- Non-spiral notebooks & journals

**Clothing**

- Black leggings in women’s sizes small-2X
- Joggers in adult sizes small-2X
- Sweatshirts & hoodies in adult sizes small-2x
- Pajamas in adult sizes small-2X
- Underwear in women’s sizes small-2X
- Non-underwire bras in sizes 34-40 in B, C, D, DD cups

**Baby Care**

- Baby wash & baby lotion
- Infant Tylenol & Ibuprofen
- A&D Ointment
- Vaseline (small jars only)
- Diapers & wipes
- Pullups in sizes 2T-5T
- Bottles & sippy cups
- Onesies in all infant sizes

**Bedding**

- Toddler bed sets in any color

**Gift Cards**

- Walmart, Visa & Amazon in any amount

Suave & non-aerosol products are preferred, due to the chemical composition & hospital safety guidelines. Stuffed animals & toy weapons of any kind are not accepted. Any items that could be used for harm or deemed otherwise unsuitable will be donated elsewhere.