



Get Up & Give is an annual donation drive to collect necessities and much-needed items for the children and families 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.

Your individual, group and corporate support helps provide supplies that allow our clients to focus on healing after experiencing trauma, abuse or mental health challenges.

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

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

For the health & safety of those in our care, all donated items must be NEW.

Suave & non-aerosol products are preferred, due to 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.

Purchase Items to Ship Directly to Us

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

Amazon



Walmart



Other Items Requested

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

Drop off items between February 14 - April 30, 2025 at a location below:

please call for drop off hours

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

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

1600 Aldersgate Road, Suite 100
Little Rock, AR 72205
501-906-4253

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

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

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