



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 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 necessities.

Individual, group and corporate support helps provide supplies that allow our clients to focus on healing after experiencing abandonment, abuse, and neglect or struggling 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 through 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

- Body wash–Suave Only
- Solid deodorant–Suave Only
- Shampoo & Conditioner–Suave Only
- Unscented lotion–Suave Only
- Tampons, pads & pantyliners
- WHITE towels & washcloths
- WHITE twin-size sheets, mattress pads, comforter sets, pillowcases
- Bed pillows
- Non-spiral composition notebooks
- Toothpaste in regular & travel sizes
- Toothbrushes in adult & child sizes
- Leggings & joggers in all youth & adult sizes
- Sweatshirts in all youth & adult sizes
- Unisex undershirts in youth & adult sizes S-2X
- Boxer briefs in all sizes for youth & men+
- Women's underwear sizes S-XL
- Women's bras (no underwire) in sizes S-XL
- Crew socks in all sizes
- Activity & coloring books for all ages

Other Requested Items

Baby & Toddler Care

- Baby wash & baby lotion
- A&D Ointment
- Vaseline (small jars or tubes)
- Diapers & wipes
- Pullups in sizes 2T-5T
- Bottles & sippy cups
- Onesies in all infant sizes
- Receiving blankets
- Toddler bed sets in any color

Bath

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

School Supplies

- Clear & solid colored backpacks
- Pens, washable markers, crayons & colored pencils
- Pencils & pencil bags
- Loose-leaf paper

Books and Toys

- Card & board games
- Puzzles
- Building blocks of all kinds (Legos, Lincoln Logs, etc.)
- Basketballs, footballs, soccer balls
- Canvases & paint brushes
- Crafts & art sets
- Perler bead supplies & kits

Gift Cards

- Walmart & Amazon

Suave & non-aerosol products are preferred. 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.