



Karma Box is a community initiative that allows people to give non-perishable food, hygiene products, toiletries, and other useful items to those in need. You can find Karma Boxes at the Carson Tahoe Regional Medical Center, Minden Medical Center, and the Specialty Medical Center. If it's empty, fill it. If you need it, it's yours.

## What to give:



### Non-perishable Foods

- Crackers, chips, cookies
- Beef jerky
- Applesauce
- Granola bars
- Trail mix
- Fruit cups
- Fruit snacks
- Nuts
- Water
- Gatorade



### Hygiene Items

- Toothbrush/toothpaste
- Deodorant
- Wet Ones
- Sunscreen
- Comb or small brush
- Kleenex
- Nail clippers
- Lotion
- First aid kit
- Diapers
- Feminine Hygiene Products
- Toilet paper



### Clothing Items

- Gloves
- Hats (beanies or caps)
- Socks
- Scarves
- Lap blankets
- Undergarments



### Miscellaneous

- Reusable water bottle
- Grocery/food gift card
- Encouraging note
- Flashlight
- Hand warmers
- Plastic utensils
- Reusable bags
- Dog food
- Cat food

\*Please donate only new items