



Thank you to all who have supported our Hands-On Mission Project over the years. Your generosity has made a difference in thousands of lives.

If you have any questions regarding the Hands-On Project, please contact:

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LIBERIA

Helen Roberts-Evans

Director, Department of General Education and Ministry, Liberia Conference of the UMC

The local church should write one check for total kits to their district office (EX: 10 kits x \$5 = \$50).

★ **Please do not put money in the container!** ★

Mountain View: Food Buckets— Goal 400

Pack in a NEW 5-gallon bucket with lid.

- 1 bag sugar (4 - 5 lb.)
- 1 bag rice (2 lb.)
- 1 bag dried beans (2 lb.)
- 1 powdered milk (56 oz. or less)
- 1 oatmeal (18 oz. or less)
- 1 cooking oil (48 oz. or less)
- 2 cans meat: ham, spam, or tuna (2lb total)

Please contact your District office for collection dates and locations.

These are not UMCOR kits.

Clinch Mountain: School Kits — Goal 400

Pack all items in a 2-gallon Zip-Loc bag.

- 1 12" ruler
- 1 small calculator
- 1 10-12 pk. pens (blue or black)
- 1 coloring book
- 1 10-12 pk. pencils
- 1 pack erasers
- 1 100-150 sheet pk. notebook paper (wide-ruled)
- 1 small dictionary (new or used)
- 1 box crayons or markers (24 ct.)
- 3 spiral notebooks (70 ct.)
- 1 pair flip flops (adult M-L size)
- 1 poncho (adult)

Hiwassee: Health Kits— Goal 400

Pack these items in a 2-gallon Zip-Loc bag:

- 1 hand towel
- 1 washcloth
- 2 toothbrushes
- 2 tubes toothpaste (6.4. oz. or less)
- 1 bottle shampoo (15 oz. or less)
- 1 bottle lotion (18 oz. or less)
- 1 bottle roll-on deodorant (4 oz. or less)
- 1 small spray perfume/cologne/body mist (4 oz. or less)

Pack these separately in sandwich-size Zip-Loc bag— please do NOT put in larger 2-gallon bag:

- 1 tube antibacterial ointment (1 oz.)
- 1 bottle Tylenol/acetaminophen 500mg (24 ct.)

Three Rivers: School Kits— Goal 400

Pack all items in a backpack.

- 1 12" ruler
- 2 boxes chalk
- 1 compass for math
- 1 protractor
- 1 10-12 pk. pens (blue or black)
- 1 10-12 pk. pencils
- 1 pk. erasers
- 2 pencil sharpeners
- 3 spiral notebooks (70 ct.)
- 1 small Bible (new or used)

ZIMBABWE

Ishe Anesu Project for Underprivileged Children

The local church should write one check for total kits to their district office (EX: 10 kits x \$5 = \$50).

★ **Please do not put money in the container!** ★

Appalachian: School Kits—Goal 400

Pack these items in a backpack:

- | | |
|---|------------------------|
| 1 backpack (Large) | 1 Bottle of Glue |
| 3pk of notebook paper (wide-ruled) | |
| OR 3 composition books(9 3/4 X 7 1/2, 100 sheet) | |
| 1 Bottle of Whiteboard Cleaner | |
| 1 (12in) ruler | 1 Whiteboard Eraser |
| 1 (10-12 pack) of pencils | 1 small dictionary |
| 1 (10 –12 pack) of black or blue pens | 1 pack colored pencils |
| | 1 Small Bible |

Scenic South: Home Buckets— Goal 400

Pack all items in a **NEW** 5-gallon bucket with lid.

- 1 bottle hand sanitizer (10 oz. or less)
- 1 set of silverware
- 1 bottle toilet cleaner (24 oz. or less)
- 1 laundry detergent (liquid OR powder, 40 loads or less)
- 1 bottle dish liquid (25 oz. or less)
- 1 bottle shampoo with conditioner (15 oz. or less)
- 1 stick anti-perspirant (3oz. or less)
- 1 bottle antibacterial hand soap (10 oz. or less)
- 1 roll paper towels
- 1 dish towel

Smoky Mountain: Food Buckets-Goal 400

Pack in a **NEW** 5-gallon bucket with lid.

- 1 bag self rising flour (4- 5 lb.)
- 1 box salt 26oz
- 1 bag rice (2 lb.)
- 1 bag dried beans (2 lb.)
- 1 powdered milk (56oz or less)
- 1 bottle cooking oil (48 oz. or less)
- 1 box of 20 tea bags (orange or green)
- Canned Meat (2 lb. total)

Tennessee Valley: Food Buckets-Goal 400

Pack in a **NEW** 5-gallon bucket with lid.

- 1 bag sugar (4- 5 lb.)
- 1 bag self-rising flour (4 - 5 lbs.)
- 1 bag rice (2 lb.)
- 1 bag dried beans (2 lb.)
- 1 dry milk packaged (56 oz or less)
- 1 bottle cooking oil (48 oz. or less)
- 1 box of 20 tea bags (orange or green)
- Canned meat(2 lb. total)

Please contact your District office for collection dates and locations .
These are not UMCOR kits.

New River: Health Kits — Goal 400

Pack all items in a 2-gallon Zip-Loc bag.

- | | |
|---|-----------------------------------|
| 1 washcloth | 1 bottle of lotion (18oz or less) |
| 2 bars soap | 1 bath salts |
| 2 toothbrushes | |
| 2 tubes toothpaste (6.4 oz. or less) | |
| 1 Box of Band-aids 1 box kids' | |
| 1 chewable Tylenol/acetaminophen 80 mg or 160 mg (No more than 30 ct.) | |
| 1 bottle Tylenol/acetaminophen 500 mg (24 ct.) | |
| 1 bottle Advil/ibuprofen 200 mg (24 ct.) | |
| 1 small pack of sanitary pads | |
| And either | |
| 1 bottle Delsym 12-hour cough syrup for children and adults (3 oz. or less) | |
| Or | |
| Benadryl —1 bottle children's liquid (4 oz. or less) OR 1 box adult tabs (24 ct.) | |



2023 Holston Annual Conference



Hands-On Mission Project



Liberia and Zimbabwe

