

# Winter Wish List



## Pantry Items:

Soups  
Canned Chili  
Coffee & Tea  
Hot Chocolate  
Oatmeal Pack-  
ets  
Spaghetti Sauce  
Tomato Sauce  
Tomato Paste  
Seasonings  
Tuna  
Black Beans  
Rice  
Pasta  
Sugar  
Canned Vegeta-  
bles  
Fruit Cups  
Snack Bars

## Household Items:

Blankets & Sheets:  
twin size  
Bath Towels  
Diapers & Wipes  
Trash bags:  
13 & 33 gal  
Zip-Loc Bags  
Foil  
Floor Cleaner  
Paper Towels  
Toilet Paper  
Dish Detergent  
Alarm Clocks

## First Night Items:

Robes & Pajamas  
Slippers and  
Shoes:  
adults & children  
of all sizes

**Gift Cards** are empowering and beneficial for emergencies. Walmart and BJ's gift cards can be used for food, gas, clothing, birthday and holiday purchases.

## Prevention through education....together we can end domestic violence.



One of the best ways to prevent domestic violence is through education. Early lessons about appropriate anger management and conflict negotiation do



much to decrease the tendency to violent behavior as resolution. Prevent bad treatment by always cultivating a feeling of security, self-respect and power in yourself. Establish and cultivate healthy boundaries along with a no-tolerance policy towards hurtful treatment. Strong, confident behavior will do much to deter would-be abusers before they even start.

Another way to lessen domestic violence is to donate and volunteer for local charities and shelters. Advocacy is a huge tool in the fight against abuse, since many abuse victims flee their situation with little money or support. By building up these systems, one helps to spread the message that it's safer to leave an ugly situation than to stay. {Thank you, Paul Myers, for donating the purple "Peace Begins At Home" bracelets and the bold and beautiful SafeHouse banners!}

*To learn about the [SafeHouse prevention program](http://www.safehouseofseminole.org) please visit our website at [www.safehouseofseminole.org](http://www.safehouseofseminole.org) or call 407-302-5220 ext. 222*

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FLORIDA DEPARTMENT OF  
**CHILDREN & FAMILIES**

