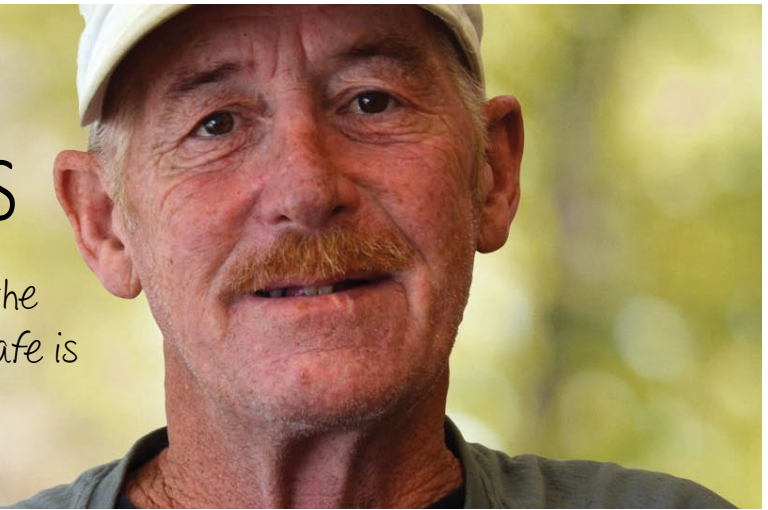


Summer NEEDS

With temperatures and humidity on the rise—staying hydrated, healthy, and safe is especially important.



It is particularly hard for the homeless when it's hot, and we know you want to help them, so we've made it easy.

Here are **7 BEST WAYS** you can help the homeless this summer.

1 DONATE BOTTLED WATER

We give it to those using our services but not staying in our shelters, and to guests who have physical illnesses like diabetes.

2 MAKE A FINANCIAL DONATION

If you don't have time to shop, donate online at www.unionmissionministries.org and we'll shop for you, or call 757-627-8686!

3 DONATE NON-PERISHABLE FOOD

Homeless shelters tend to run low on food this time of year. In addition to feeding 350+ men, women, and children daily we help the poor in the community.

4 CLEAN OUT YOUR CLOSETS

Think about cool clothing like white tee shirts, tank tops, and shorts. We need underwear and socks too (but new ones please).

5 VOLUNTEER

Give the gift of your time. Contact our Volunteer Coordinator Cindy Smith at csmith@ummnorva.org.

6 GIVE CARE PACKAGES

Keep one in your car to give to those you see on the streets. Include ...

- Bottled Water
- Packaged Snacks
- Fast Food Gift Cards
- Socks
- Rain Poncho or Small Umbrella
- Sunscreen and Bug Spray (travel size)
- Bus Pass
- Union Mission Information Card

7 PRAY

Pray for those on the streets this summer.

Bring your donations to the Welcome Center.

THE UNION MISSION | 5100 EAST VIRGINIA BEACH BOULEVARD, NORFOLK, VA 23502
www.unionmissionministries.org | 757-627-8686

