



HEINEMAN  
MEDICAL  
OUTREACH

# Lend a Helping Hand

## HONDURAS AND GUATEMALA Need **YOU!**

Hurricanes Eta and Iota devastated most of Central America, ripping through communities and taking lives. Cleaning and rebuilding their damaged infrastructure and lives will take years.

At this moment, [Heineman Medical Outreach](https://heineman.org/Hurricanes2020) is focused on the **needs of today**.

We are partnering with organizations in the United States and Central America to ship essential supplies needed for survival.



## How **YOU** Can Help

### Virtual Donations:

See our **Hurricane Eta Relief**  
Wish List on **amazon**smile

([Heineman.org/Hurricanes2020](https://heineman.org/Hurricanes2020))

### In-Person Donations:

November 30 – December 12:  
8:00am – 3:45pm

December 5th and 12th:  
by appointment only

### Drop-off Location:

Heineman Warehouse  
Contact: Gary Lewis

301 Clanton Road  
Charlotte, NC 28217

Phone: (704) 733-9328

Donation needs are listed on next page.

For more information, email Nicole Heath at [Nicole.Heath@heineman.org](mailto:Nicole.Heath@heineman.org).

Many thanks to our domestic and in-country partners, including Chiquita and Cohonducafe.

Heineman.org  
(704) 374-0505

Heineman is a 501(c)3 non-profit organization.  
All of your donations are tax-deductible.







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# What We Need

## Nonperishables

- Bottled water or gallons of water
- Canned or packaged tuna
- Canned beans
- Canned vegetables and fruits
- Breakfast bars, energy bars, oatmeal, cereal
- Crackers, pretzels, chips
- Canned soup
- Canned pasta
- Boxed milk
- Gatorade powder, powdered drink mixes
- Fruit snacks

## Infant Supplies

- Diapers
- Baby formula
- Baby juice
- Baby food
- Baby cereal
- Baby utensils
- Bottles and bottle brushes
- Pedialyte
- Baby aspirin

## Cleaning Supplies

- Paper towels
- Trash-can liners and garbage bags
- Mops and buckets
- Bleach
- Chlorine tablets

## Toiletries

- Toilet paper
- Toothbrushes, toothpaste, floss
- Children's toothbrushes and toothpaste
- Feminine hygiene products
- First-aid supplies
- Hydrogen peroxide
- Ibuprofen (Advil)
- Acetaminophen (Tylenol)
- Hand sanitizer
- Sanitizing wipes
- Rubbing alcohol
- Hydrocortisone, Neosporin

## Camping Supplies

- Charcoal
- Sterno stoves
- Sterno chafing dishes
- Tents
- Sleeping bags
- Coolers
- Solar-powered items
- Cots
- Mosquito nets/bug repellent
- Batteries
- Coolers
- Air mattresses
- Box fans
- Flashlights
- Candles and matches

Don't see an item on this list you can donate?

Just email Nicole Heath at [Nicole.Heath@heineman.org](mailto:Nicole.Heath@heineman.org) for more information.

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