

**PLEASE HELP San Juan High School STUDENTS!  
DONATE GOODS, SERVICES, \$\$\$\$**

Many of our students have very basic needs. [Alum, can you help us](#) to help more SJHS students? If you can, please drop any of the following items off at San Juan High School, the Principal's Office, Monday – Friday (except holidays) between 9 a.m. and 3:00 p.m. No donation is too small.

**Non-Perishable Food Donations** such as canned soups, stews, chili, canned fruits, boxes of macaroni and cheese, rice mixes, hamburger helper, canned meats such as tuna, chicken, salmon, canned beans, vegetables, pasta, cereals, instant oatmeal, juice, peanut butter and jelly, cocoa etc. Bags of rice, beans, peas, lentils. Grocery Store cards for fresh foods such as milk, eggs, cheese, meat, bread, tortillas. You can also donate nutritional snacks that the school student support team will maintain in C-1 to help those kids in immediate need: noodle and macaroni cups, granola bars, fruit cups, crackers, nut snacks, pudding cups, rice crispy treats, licorice. We were blessed with a refrigerator this year so more variety is possible: individual servings of yogurt, lunchables, milk, juice etc. work well. Many of the kids do not have breakfast or lunch and often this is the only food they will have during the day. Recyclable bags are useful since paper bags often tear. There will be food drives for families before Thanksgiving, Winter, President's Day and Spring breaks with requests for seasonal foods such as stuffing, yams, green bean casserole ingredients, instant mashed potatoes, gift cards for turkeys and rolls, hams, gravy, cranberry sauce, holiday dessert makings and so on. Also consider giving baby and pet food. We will be launching a Wal-Mart Food Registry to ease shopping. Simply print out list, shop, and check out-more to come about that in the fall.

**Clothing** such as jeans and any school clothes are the most in-demand items at the Spartan Coat and Clothes Exchange. New socks, underwear, t-shirts, pajamas, slippers, sweatshirts, winter coats, hats, scarves, and gloves are always welcome donations for winter months along with fleece blankets. Everyday adult clothing is useful especially career clothes. Vouchers for PE uniforms and a variety of SJHS Spartan wear are also appreciated as are shoe gift cards, new wallets and gently used handbags. Formal Shops are planned before homecoming in the fall and Prom in the spring. Toiletries such as toothbrushes, toothpaste, floss, lotion, combs, brushes, hair sprays and accessories, soap, shampoo and conditioner, deodorant, lotion, feminine hygiene pads, Kleenex, Manicure items-nail clippers, files, disposable razors, and shaving cream, etc. These can be even the small travel size. Laundry Soap in any size.

**School Supplies** such as: pencils, pencil sharpeners, erasers, pens, rulers, lined paper, folders, notebooks, sheet protectors, back-packs, tri-fold project boards, combo locks, flash drives, earphones, usable laptops (please clean off your personal data) and tablets. Also needed are items helpful to extracurricular activities such as musical instruments, cameras, art supplies. Prom Angels are wanted to help with tickets, flowers, hairstyles and manicures, rentals, dinners. Donations for yearbooks, graduation gowns and tassels are appreciated. RT Bus Passes and Gas Cards help students with work and school transportation

**Athletic Items** such as mitts, cleats, baseballs, volleyballs, basketballs, other sports related equipment or uniform donations

San Juan High School accepts donations for students of families living in transition. If you wish to donate, write a check to payable to 'San Juan Alumni Association' with "FIT donation" in the subject line. Checks can be dropped off at the Principal's office or mailed to the school at the address listed below. You will receive a letter and a contribution statement for your tax returns. Also, if you wish to volunteer in managing all of these gifts, please contact the Principal's office. Please contact Ardi with questions and suggestions. [aferris@sanjuan.edu](mailto:aferris@sanjuan.edu) or 916.971.7045. r. 4/18/17

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