

Items for Mended *Little Hearts* Care Bags

- Snacks (non-perishable)—granola bars, Lance’s crackers, Cup O’Soup, ready-made soup, oatmeal packets, canned fruit, etc. (Many parents sitting by a child’s bedside could use something to eat.)
- Travel-sized Toiletries
 - Shampoo
 - Toothpaste and toothbrush
 - Hand lotion
 - Shower/bath gel
 - Deodorant (for men and women)
 - Chapstick
- Chocolate
- Gum
- Mints
- Tissues
- Single-use laundry detergent
- Disposable cameras
- AA Batteries
- Playing cards
- Sudoku puzzles
- Crossword puzzle books
- Coloring books
- Crayons
- Magazines (for women and men)
- Stress balls to squeeze
- Stuffed bears
- Flip flops (size 9)
- Earplugs
- Heart pillows (that children can hold to reduce pain after surgery)
- Baby blankets