

## **Ten Ways You Can Help TACO, (Third Ave. Charitable Organization)**

There are many ways to help TACO provide vital services to the homeless, disabled and working poor in the downtown San Diego area.

Volunteer to help us serve our hot meals on Mondays at 4PM and Fridays at 9AM.

Make a financial contribution. Our supporters are responsible for a full 50% of all income used within our program.

Provide non-perishable, no refrigeration needed sack lunches for TACO to give out to hungry guests on the days when hot meals are not available. A list of suggested food:

Fruit cup and spoon

Small lunch packs with pop-top, cans of tuna, crackers and foil mayonnaise

Package of cookies

Water bottle

Assemble personal hygiene bags for our patio guests. Zip lock bags are ideal and items that can be included are:

Hotel size shampoo and conditioner

Small bar of soap and/or body wash

Chap stick with SPF 15

Other personal care items that you have collected such as dental floss, a shower cap, small washcloth

Toothbrush and small toothpaste

Disposable razor

Gather or purchase men's socks. These can be either new or gently used, as long as they have been laundered.

Donate larger quantities of disposable razors.

Hold a drive to collect blankets and/or sleeping bags for our outdoor guests.

Donate food to our hot meal program. Larger quantities of fresh fruit, sliced American cheese, bread, meat, fresh vegetables, gallons of milk, etc. are always put to good use.

Knit scarves and/or hats for our guests. The scarves can be any length and color.

Celebrate a special event such as a birthday, an anniversary, or even just an "I'm Blessed" day by sponsoring one of our hot meals. We will work with you to plan, cook and serve the meal.

Or, if it's more convenient for you, using your contribution, we will take care of all the details and you can simply enjoy the serving portion of the meal.

If you have additional ways in which you would like to help TACO, we welcome you to contact us and we will be happy to work with you. We thank you for your support and dedication to helping those less fortunate than ourselves.

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