



What is a Kindness Kit?

There are millions of children in the world today who don't have very much. Some children don't have really basic things like toothbrushes, pens and pencils, or even socks.

A 'Kindness Kit' is a bag of resources which is sent to a child in another country who doesn't have very much at all.

The things in a Kindness Kit might seem really simple, but for someone who hasn't got them, they are an amazing gift. By making a Kindness Kit, you are showing someone kindness through your generosity.

What goes into a Kindness Kit?

All items need to be new (not second-hand)

Sponge
 Soap (Bars) x 2
 Toothbrushes (Multiple)
 Toothpaste
 Pack of pants (4/5 pairs)
 Pack of Socks (4/5 pairs)
 Wash Bag
 A4 or slightly smaller exercise book
 Pack of Crayons/Pencils

A pencil sharpener
 A small cuddly toy
 A small simple toy e.g. toy car, yoyo, small bouncy ball
 A woolly hat

Optional:

A pencil case
 A message card from you (however, please don't include any personal details in the message)



Anyone can make a Kindness Kit - schools, church groups, uniformed organisations, groups of friends or individuals. See overleaf for instructions on putting together a Kindness Kit and how to send it to Feed The Hungry.

Where do Kindness Kits go?

Kindness Kits are distributed by Feed The Hungry UK, who currently work in 20 countries around the world. Due to some import restrictions, the kits can not be sent to some countries, but many of them will be sent to European countries such as Romania and Greece, and African countries like Kenya, Uganda, Zambia and Zimbabwe.

The Kindness Kits are delivered to our local partners working on the ground in different countries. They are then given out to the children they work with. This might be through local schools, orphanages or churches.

For more information on Kindness Kits, or for help putting one together, please call 01455 618 455 or visit feedthehungry.org.uk/kindnesskit

Kindness Kit Shopping List

All items need to be new (not second-hand)

- ☐ Sponge
- ☐ Soap (Bars) x 2
- ☐ Toothbrushes (Multiple)
- ☐ Toothpaste
- ☐ Pack of pants (4/5 pairs)
- ☐ Pack of Socks (4/5 pairs)
- ☐ Wash Bag
- ☐ A4 or slightly smaller exercise book
- ☐ Pack of Crayons/Pencils
- ☐ A pencil sharpener
- ☐ A small cuddly toy
- ☐ A small simple toy e.g. toy car, yoyo, small bouncy ball
- ☐ A wooly hat

Optional:

- ☐ A pencil case
- ☐ A message card from you (however, please don't include any personal details in the message)

Child Size Guide

Socks

Aged 3 to 5
Child Size 9 to 11

Aged 6 to 9
Child Size 12 to
Adult Size 3.5

Aged 10 to 13
Adult Size 4 to
Adult Size 6.5

Pants

See age on label and purchase suitable sizes for the age and gender of the child you've decided to buy for.



Kindness Kit

Please stick this label securely to the outside of the bag

This Kindness Kit is for a child who is a

girl **boy**

who is aged

3 to 5

6 to 9

10 to 13

Instructions

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FEED THE HUNGRY
A full life feels good.™

All of the items that go into a Kindness Kit are easy to buy from supermarkets, pound shops or online - there's no need to spend a fortune. Please buy things which are suited for the age and gender of the child you've chosen to pack the kit for.

Please don't pack anything that is NOT on the list. Everything must be new with tags or labels still on. Do not pack any second-hand items as customs rules mean new and second hand items must be sent separately. **Please do not add any food, sweets, chocolate, gum or liquids.**

Stick the label showing who the kit is for to the outside of the bag.

Please send £2 to defray transportation costs of sending the Kindness Kit. This can be sent with the Kindness Kit, or made as a donation online.

When you're ready to send your Kindness Kit, get in touch using the contact details found at feedthehungry.org.uk/kindnesskit.