

## Starting Over ~ Start up baskets for Women

The following are some suggested Starter Baskets for women at Aimee Beaulieu Transition House	
<b>Kitchen Basket:</b> Plastic wrap Aluminum Foil Medium Ziploc bags Sandwich and snack size bags Tea towels Dishcloths Kettle Dish drying pad Dish soap Scrubbies/dish brush Paper towels Salt & pepper Basic spices Cutting board Knives Measuring cups and spoons Vegetable peeler Cheese grater Kitchen utensils	<b>Cleaning Basket:</b> Paper towels Bleach All purpose cleaner Vinegar and baking soda Broom and dust pan Mop and bucket Laundry Soap (scent free) Fabric Softener sheets Steel Wool Sponges Med-Lg rubber gloves
<b>Bathroom Basket:</b> Towels Facecloths Soap Shampoo Conditioner Bath mat and tub mat Shower curtain and hooks Toilet paper Plunger Toilet brush Soap dish	<b>Self-care Basket:</b> Beeswax candles Chocolate Relaxing Herbal Tea Natural Foot Rub Natural Body Lotion Natural Bath Salts Natural Facial Scrub Bath Brush or Loofa Shavers Nail Clippers and nail file Tweezers

If you put these *start-up items* in a bin or laundry basket, women will have a Reusable container!

These lists are a guideline and can be modified as any like items help women and families start over again!