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This holiday season South Shore Children's Dentistry is supporting ***The Friends of the Homeless South Shore*** with a reverse advent calendar.

The idea is very simple – it is better to give than to receive. We will have a collection box in our reception area and each day we will add to the box, until just before Christmas, when we will donate the contents to our community friends in need.

Join us in dropping donations at SSCD from **Monday, 12/3 through Friday, 12/21** and help us make a difference this holiday season.

▪ **High protein foods:**

Canned: tuna, spam, ham, stew, chili, boston baked beans

▪ **Jarred foods:**

Peanut butter, jelly/jam, tomato sauce, cooking oil, salsa

▪ **Easy to cook non-perishables:**

Canned vegetables, canned fruit, boxed macaroni n' cheese, soup, jars of baby food, pasta, rice, dried beans, tea, coffee, Bisquick or pancake mix, pancake syrup, instant oatmeal, cereal, etc.

▪ **Personal Care Items:**

Deodorant, disposable razors, shaving cream, soap, shampoo, conditioner

▪ **Baby Items:**

Baby diapers, baby wipes, disposable wash clothes, jars of baby food

▪ **Paper goods:**

Paper towels, toilet tissue, paper napkins, coffee filters



"One **CAN** Make  
a Difference!"