



Our Success Depends on You!

4 hours a month helps provide a safe place to sleep and a hot meal for homeless individuals in our community.

What does four hours a month mean to you?

To a person in need, it can mean the world.

For a Good Cause

Homelessness is a community problem – and our community must solve it together.

What is Needed

Shift Volunteers • Cook Team Volunteers

Laundry Team Volunteers

Supply Drives

- Salt & pepper shakers
- Sugar
- Powdered coffee creamer
- Breakfast/Nutrition bars
- Dry cereal
- Powdered lemonade or ice tea
- Hot sauce
- Salad dressing
- Napkins
- Disposable plates & bowls
- Plastic forks, knives and spoons
- Rubber cleaning gloves
- General purpose cleaner
- Aluminum foil
- Zip lock bags (sandwich & gallon size)
- Brown paper lunch bags
- 55 gallon garbage bags
- Paper towels
- Toilet paper
- Large container of multi-purpose cleaner
- Cloth hand/kitchen towels
- Bath towels
- Standard pillows
- Twin size sheet sets
- Twin size machine washable blankets

Attend a Volunteer Orientation

West (second Monday of each month):

First Presbyterian Church of La Grange
2nd Floor Conference Room
150 S. Ashland Ave., La Grange • 708-354-0858

South (fourth Monday of each month):

St. Mark Evangelical Lutheran Church
Heaney Hall
11005 S. 76th Ave., Worth • 708-448-6162

Please contact volunteer@beds-plus.org
or call 708-354-0858 for more information.

www.beds-plus.org