



At-Home Volunteer Project



Heat Relief Sack Materials:

The following items are recommended to include in each heat relief sack:

- 1 pair of men's long tube socks
- 1 bottle of water
- Sun protection and/or hygiene item(s) like sunscreen, soap or antibacterial wipes
- 1 granola bar or other healthy snack (that doesn't melt)
- 1 note of encouragement or card made by your children (a note card



Assemble Heat Relief Sacks for St. Vincent de Paul

Description:

With temperatures soaring in the triple digits, life on the streets goes from unbearable to deadly. Homeless men, women, and children are at high risk for severe dehydration and sun exposure. Sidewalk temperatures can reach 200 degrees. Year-round, and particularly in the summer, the item that is most needed and least donated to shelters are socks. The homeless walk miles each day to survive and socks are essential to avoid foot damage and serious ailments. To help, your family can assemble heat relief sacks to be given to St. Vincent de Paul for distribution to the homeless throughout the summer and year-round.

Instructions:

- Purchase the necessary items for the heat relief sacks. The 99 cent store and Walmart are great places to shop. Bring your kids with you to help!
- Fill one of the socks with a water bottle, snack, and sun/hygiene item(s). If you are making multiple bags, your kids can organize the items in separate piles on a table and create an assembly line.
- Once filled, put the two sock cuffs together. Take hold of one of the cuffs and fold it over the top of the other sock. Hole-punch the finished card and tie it around the top of the socks with a string or ribbon so that it is secure.
- The completed bags can be dropped off at St. Vincent de Paul during normal business hours. St. Vincent de Paul is located at 420 West Watkins Street in Phoenix. The phone number is 602.254.3338.