

MY HEART'S APPEAL, INC.

EVERYONE CAN BE **PRODUCTIVE**

For more information please visit us online www.myheartsappeal.org.

The mission of **My Heart's Appeal** is to facilitate the establishment of quality training and employment for teenage and adult persons with disabilities in West Africa. We now service in Liberia, about one hundred individuals with intellectual and developmental delays in the Connie Thrash McGoodwin Vocational Training Hub, Bigma's Care Place Respite Care and Down Syndrome Association of Liberia.

We need you as we continue on our campaign to raise \$286,929.00 to purchase land in Liberia to build our campus. Also, in support of the families we service, we will be collecting needed items to send to Liberia for preventive measures to help combat the deadly Ebola virus in the country. We will be accepting non-perishable food, hygiene-first aid items and monetary donations to help with shipping, bulk items - rice, faucet bucket (to be purchased in Liberia) and Pasture for the Sheep Land Fund Drive.

Donations Categories: (Store Specific Brands)

Non-Perishable Food

Quaker Oats 1lb 2oz can
Yellow Corn Meal (Enriched) 2lb bag
Sugar 4lb bag
Dry Beans 16oz bag
Ramen Noodles Packets 3oz
Peanut Butter 16oz
Cooking Oil 48oz
Mac & Cheese 5.5oz-7.25oz box
Luncheon Meat, Spam, Corn Beef
Sardines, Salmon, Tuna, Mackerel

Hygiene Items

Bar Soap
Anti-bacteria Liquid Hand Soap 7.5oz
Hand Sanitizer 8-10oz (60% alcohol-based)
Antibacterial Hand Wipes
Chlorine Granular Powder

First Aid

Thermometer
Loperamide (Anti-Diarrheal) 2mg; 12-24 tab
Ibuprofen (Advil) 200mg; 24 tab
Acetaminophen (Tylenol) 500mg; 40 tab
Aspirin 325mg; 175 tab
Stomach Relief 262mg; 40 cap
Children (Cold & Fever Remedies)

Monetary

Shipping Cost (Merchandise Considered)
Rice 25lb Bag \$16.50
Faucet/Lid/Bucket 5gal \$15.00
Land Fund Drive

** Note: Plastic, paper or canned container packaging preferred*

All donations can be mailed or dropped off at our international headquarters (Address Below). To schedule delivery, please call (405) - 603 -2799 or (443) -474-8031 or email info@myheartsappeal.org. Monetary donations can also be paid online via PayPal on our website www.myheartsappeal.org.

Address: My Hearts Appeal, Inc. (MHA)
5909 NW Expressway, Suite 224
Oklahoma City, OK 73132

Last day for Ebola Response Donation is Friday, October 3, 2014. On that day donations will be received between 7am – 7:00 pm at the ground level conference room in the building. Parking available in non-reserved spaces daily.

Volunteers will begin assembling and packaging items for shipment Saturday, October 4, 2014 7am – 5pm in shifts. Please email us if you would like to volunteer on either days.