

## Free Boutique Spice Drive

### The Free Boutique:

Many times, when a survivor of domestic abuse or sex trafficking are fleeing abuse, they leave with only what they can carry. They may leave behind clothing, furniture, toys for their kids, pet supplies, and more. The Safe Voices Free Boutique helps survivors replace these needed items as they re-settle in their new home. The Boutique also holds a food pantry to supply shelf stable basics so survivors can save money for future stability.

### Highest Need Items

Salt & Pepper - Garlic Salt - Onion Powder - Cayenne Pepper - Paprika - Curry Powder - Lawry's Salt - Mustard Powder - Cumin - Chili Powder - Turmeric - Coriander - Oregano - Basil - Parsley - Sage - Rosemary - Thyme - Cinnamon - Nutmeg - Ground Ginger - Allspice - Cardamom - Cloves - Vanilla Extract

### Why Spices?

Cooking on a tight budget can mean using a lot of the same ingredients that are affordable and adaptable. Survivors might be using lots of rice, beans, tuna, canned chicken, etc., and **a well-stocked spice rack can let them adapt these ingredients to different dishes and tastes, making their dollars stretch further.** Cooking food the way YOU want it is also comforting, especially for a survivor who has not been able to center their own likes and preferences for a long time.

### Your Support Team:



(207) 796-6744 x. 222



giving@safevoices.org



100 Lisbon St.,  
Lewiston, ME 04240





## Free Boutique Cleaning Supply Drive

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### Highest Need Items

Toilet Cleaner - Paper Towels -  
Multi-Use Spray Cleaner - Windex  
- Dish Liquid - Dishwasher Tabs -  
Laundry Detergent - Fabric  
Softener - Dryer Sheets - Air  
Fresheners - Toilet Scrubbies -  
Sponges - Wood Cleaner -  
Swiffers (wet & dry) - Swiffer  
Refills - Floor Cleaner - Hand Soap

### Why Cleaning Supplies?

What is cozier than a home of your own that has everything you need to make it feel like a sanctuary? We heard from survivors that, **when budgets get tight, cleaning supplies are a major stressor**. If you have to choose between paying a CMP bill or buying laundry stuff, dish liquid, and bathroom cleaner (they always seem to run out at once!), you're going to pay CMP. Having a constant supply of cleaning supplies in the Free Boutique lets us relieve that need, without any worry.

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## Free Boutique PB&J Drive

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### Remember:

Multiple jelly/jam flavors, lower sugar options, non-peanut (like almond butter or sunflower butter), gift cards to buy bread (we only stock shelf-stable items).

You can expand to include Fluff and Nutella, too!

### Why Peanut Butter & Jelly?

Navigating a domestic violence situation with kiddos is especially difficult. Often, these survivors are balancing long, stressful days ensuring they keep showing up to all the things they need to do – work, PFA court, school events, etc. – and just **the comfort of knowing that they have sandwich stuff to make a meal their kids will eat, even if the day goes totally sideways, is huge.** Peanut butter and jelly are some of our most-requested items. Get creative! Nutella and Fluff are GREAT additions!



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## Free Boutique Condiment Drive

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### Highest Needs:

Mayo - Ketchup - Mustard (honey, yellow, Dijon) - Pickles/Relish - Salad Dressings (ranch, Caesar, Italian, bleu cheese, vinaigrette) - Cooking Oils (vegetable & olive) - Vinegar - BBQ Sauce - Soy Sauce - Hot Sauce (Frank's, Tabasco, Chili Sauce, Gochujang) - Salsa - Pasta Sauce - Fish Sauce - Aioli

### Why Condiments?

What's tuna fish without mayo? Salad without dressing? Pasta without sauce? While we can think of a million ways to prepare foods in a pinch, we aim to remove as many barriers for survivors as possible, and that includes giving them ALL the pieces they need to make an easy, sustaining meal like a tuna fish sandwich, a Caesar salad, or spaghetti. **The more of those extra items we can stock, the less likely it is that a survivor needs to make an extra trip to the grocery store** at a time when they don't have enough hours in the day.

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## Free Boutique Toy Drive

### The Free Boutique:

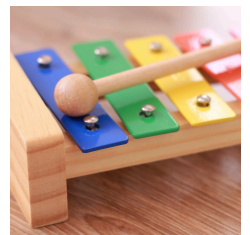
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### Highest Needs:

Legos - Puzzles - Stuffedies - Kinetic Sand - Dolls & Action Figures - Animal-themed Toys - Art Kits - Crayons - Mini Whiteboards & Markers - "Huggables" (soft, cuddly plushies, blankets, etc.) - Magnatiles - Bubbles - Themed toys (Marvel, Bluey, Pokemon, Roblox, Minecraft, Paw Patrol, etc.)

### Why Toys?

Survivors and their children are often leaving abuse with only what they can carry. That means a lot gets left behind, and it might be some time before they can go back to get things, if they are ever comfortable doing that. We often support kids who want new toys, or parents who know a birthday is coming up and aren't sure what they'll do. We like to keep fun, safe, comforting toys in stock so we can always fulfill these requests. We work with survivors who have kids of all ages; we try to keep toys in stock suitable for ages birth through tweens.



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