

☆ Good Works for Jamaica ☆

Jamaica is a spiritually rich but materially poor country where many of its citizens live below the poverty line. If you are drawn to share with others my friends and I, with glad hearts, will make certain donations reach those in need. If you, your friends, relatives or co-workers would like to help here are a few ideas. Because the government assesses import duty on parcels it is best if you bring things with you or send them with friends visiting Jamaica.

Jamaicans always welcome

- New or gently worn summer or autumn weight clothes for babies, children or adults (men wear size L-XL)
- New footwear-men's and women's sandals & shoes, including sturdy men's walking shoes or low boots (men's sizes 7 1/2 - 11)
- Unsalted, natural style, roasted peanut or almond butter
- Skin lotions, shampoo and bars of gentle soap (best from a health food store)
- School backpacks
- Yarn

Children usually have no toys to play with and greatly enjoy

- colored pencils & crayons
- manila paper & coloring books
- reading books (no tie-ins to t.v. or movies)
- frisbees
- soccer balls
- tennis balls (new or used)
- chalk

In Addition

If you or your group would like to financially assist a child so that they may attend school we will be pleased to explore this possibility with you. To send a child to elementary school costs \$10 U.S. weekly. High school is \$25 U.S. weekly.



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