



UBH Care Kit Program

Thank you for your interest in supporting Upward Bound House! You can make a big difference in the daily lives of families working to overcome homelessness by participating in our Care Kit Program. It's a great way to get involved and a great way to involve others - perfect for groups who are looking to make a difference.



Below is a description of the care kits we typically need most. Your UBH coordinator will let you know what we need and how many at the time you are ready to participate.

Grab 'n Go breakfast bags

For many families, the morning rush to work and school can be hectic. For the families in our programs at UBH we ease some of that morning rush by ensuring we provide healthy easy to access breakfast. We do this with our Grab & Go Breakfast bags. We are in great need of breakfast bags containing the following items (a few in each bag):

- Instant oatmeal
- Juice/milk cartons (small)
- Fresh fruit
- Single-serving cereal boxes
- Granola bars
- Cereal bars
- Instant soups
- Granola



Help us ensure their day gets off to a strong and nutritious start!



Household Cleaning kit

Keeping your home neat and clean can be a lot of work when you have children, but you need the right cleaning supplies before you can start! These are basic easy to find items, but so essential.

- Cleaning bucket/Trash can
- Trash bags
- Sponge
- Glass cleaner
- General disinfectant
- Dishwashing soap
- Toilet bowl cleaner
- Laundry detergent



Personal Care kit

At Upward Bound House, we want to make sure that our families have all the necessary resources to take good care of themselves today and in the future. A basic kit of personal hygiene items is essential for grown ups and kids!

- Toothpaste/floss
- Toothbrush
- Soap
- Shampoo
- Deodorant
- Comb/Hairbrush





Basic Linen kit

This care kit has some essential elements that all of our families are in constant need of. These are some of the first items they need in temporary housing, and they will also be able to take these items with them as they move into their own homes.

- Laundry basket
- Two sets of towels
- Two sets of twin sheets
- Laundry detergent
- Hangers (for hanging clean clothes)



First Aid kit

Keeping our families and their children safe is very important to us, and it's something we're proud to do. We provide each of our families with a first aid kit, in case of an emergency, and it is a handy thing to have for everyday cuts and bruises.

- Elastic wrap bandages
- Adhesive bandages
- Sterile gauze
- Antibiotic ointment
- Antiseptic wipes
- Adhesive tape
- Cotton balls and swabs
- Scissors and tweezers
- Oral thermometer
- Soap or hand sanitizer
- First-aid manual





Back-to-School Supply kit

An estimated 1.2 million public school children are homeless annually in the U.S. Without the necessary support and resources, many homeless students will drop out of school.

Arranging a school supply drive for UBH can have a profound impact on the lives of homeless students and their parents as they get ready for the school year. This is a great way to make learning more accessible to children from homeless families, and give them the head start that they desperately need. Examples of items include backpacks, books, stationary and other classroom essentials.

Please send us an inquiry, or give us a call so we can give you specific information on the current list of school supplies for our students.



If you are interested in donating these items or spearheading a drive, please contact us at 310-458-6650.

We would love to host you and your group for a tour so you can learn more about our program and the families you are helping. We look forward to hearing from you!