Jessica Martel Memorial Foundation

DONATE ONLINE

A SAFE PLACE STARTS WITH *the Essentials*

November 1 - December 13, 2026

Everyday donations provide essential items for individuals and families impacted by domestic violence as they find safety and begin rebuilding their lives.

Scan for wish list and where to donate

ESSENTIALS WISH LIST

Small everyday items that make a difference.

PERSONAL CARE

- Shampoo & Conditioner
- Body Lotion
- Body Wash
- Deodorant
- Female Sanitary Pads
- Kleenex
- Toothpaste
- Toothbrushes

HOUSEHOLD ESSENTIALS

- Laundry Detergent Pods
- Dishwasher Pods
- Bounce Sheets
- Lysol Wipes
- Toilet Paper
- Paper Towel

GIFT CARDS

- Dollar Tree/Dollarama
- London Drugs/Shoppers
- No Frills
- Safeway
- Shell Gas Card
- Sobeys
- Superstore
- Tim Hortons
- Walmart

Denominations of $25 - $50 - $100

GROCERY & FOOD

- Canned Soup
  -Mushroom
  -Tomato
  -Chicken Noodle
- Pasta Sauce (Cans/btls 600ml-800ml)
- Dry Pasta (Penne & Spaghetti)
- Dry Cereal (Cheerios & Cornflakes)
- Instant Noodles (Chicken & Beef)
- Juice Boxes
- Individually Packaged Snacks
  -Goldfish & Rice Krispies
  -Fruit Snacks/Cups & Healthier Options

FAMILY ESSENTIALS

- Diapers (Sizes 4-6)
- Pull Ups (Sizes 4-7)
- Goodnight Diapers Size XXL
- Baby Wipes
- Sudocrem (Healing Cream)
- Enfamil A+ Formula
- Pajama Sets
  -Infants (3-24 Months)
  -Children (Ages 2-12 yrs)
  -Adults (All Sizes)
- Underwear (Adults/All Sizes)
- Women's Sports Bras (All Sizes)
- Bath Towels (White Only)



***Min 6 months before expiry *New items only *Only items from list will be accepted**

CAN'T SHOP? YOU CAN STILL HELP.

Financial donations have the most impact and allow us to purchase specific items as needs change.

DONATE ONLINE

DROP OFF AT PARTICIPATING LOCATIONS

Donations can be dropped off at local businesses across our community.

View Locations On Map >