

# LUTHERAN WORLD RELIEF COLLECTION

The earthquake in Haiti has taken all of the resources Lutheran World Relief had in its warehouse. *Heart of the Shepherd* will be collecting quilts, soap and health kits until April 16, 2010. Bring the items in and I will help get them boxed for shipment.

Pat Schuknecht

## Quilts

Quilts are easy to make. Place a piece of fabric measuring 64"X 84" right side down on the table, place a filler measuring 60"X80" on top, then place another piece of fabric, also measuring 60"X80" on top of the filler. Tie the three layers together, using crochet or similar cord (18-24 ties depending on the type of fabric or the quilt's design). Bring the edges of the 64"X84" piece over the top, pin and machine stitch the edge, using a zigzag stitch if possible. Finished quilts should measure approximately 60"X 80" and weigh about four to five pounds. Heavy fabric, such as quilted bedspread, needs only a back added (no filler). Good used sheets may also serve as a back.

### Tips

- Quilt tops and bottoms can be made from whole pieces of fabric, or in any type of patchwork pattern that uses pieces smaller than the finished size.
- Quilt tops do not need to be made of squares. Large pieces of fabric do not need to be cut up. If squares are preferred, twelve 22" squares make a 64"X84" piece for a beautiful quilt.
- Use crochet or similar cord for tying. It is easier to thread and pull through than yarn and also is more durable.
- Please do not decorate quilts with religious symbols as material aid is shipped to people based on need, regardless of religious creed. Secondly, as the US government provides grants to help cover the cost of ocean freight, LWR must abide by regulations that prohibit the use of religious symbols.

## Health Kits

People who must flee their homes quickly often do not have time to pack essential items. A health kit can help children, men and women who are refugees maintain personal hygiene while living in exile. Items may also contribute to a new start for those who can return home.

- One hand towel
- One washcloth
- One bath-size bar of soap, any brand
- One toothbrush
- One comb, wide tooth preferred
- One metal nail file, or nail clippers with file attached
- Six Band-Aids, preferably 1/2" to 3/4"

Wrap items in the towel, and tie securely with ribbons or yarn.

## Soap

People in many parts of the world cannot buy soap because it is unavailable or too costly. Without soap, maintaining the level of cleanliness necessary to reduce disease and infection is very difficult, especially where people live in close quarters, like in refugee camps.

- New bars of soap in the wrapper