



UP is Louisville's first women's only day shelter for women and children. UP provides showers, laundry, a phone, mailing address, and crucial resource navigation; helping women navigate our complicated system to access housing, employment, financial benefits, IDs, birth certificates, health insurance, basic healthcare, and more. During the last several shifts, an average of 75 women have been coming into the safe, warm, welcoming space provided by UP. We are currently in need of snacks for our guests. We prefer to offer high protein snacks when we can and are mindful of sugar and salt content.

**SUGGESTED LIST OF NON-PERISHABLE ITEMS FOR SNACK PACKS:**

- Single serve trail mix
- Single serve nuts or nut mixes
- Tuna pouch or pull tops and crackers (include spoon)
- Protein bars
- Protein drinks
- Snack sticks like beef jerky
- Individual applesauce or fruit cups (include spoon)
- Granola bars
- Cereal bars
- Peanut butter crackers
- Cheese Crackers
- Chips
- Other individually packaged snack items

We cannot do this work alone. We provide resources and referrals through case management, a partnership of providers, and the support of generous people like you. Please know that your gift will support and empower the homeless women in our community to find hope, help, and refuge. For additional information or ways to support UP please visit our website at [www.uplouisville.org](http://www.uplouisville.org).

Thank you!

[Follow us](#) on Instagram, FB, Twitter & LinkedIn.