

*Serving NWCT*  
 for over  
**FIFTY YEARS**  
*With an open door  
 and an open heart.*



332 South Main Street  
 Torrington, CT 06790  
 Office 860.482.7300  
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 info@fishnwct.org

**Equipment Wish List**

Standard hedge shears, A wheelbarrow, Brooms – indoor & outdoor  
 Basic hammers, screw drivers, measuring tape, allen wrench hex sets, socket sets, tool sets, shed hangers/hooks, bungees  
 A hand-truck that can go up stairs, appliance hand truck, good condition hand trucks, fold-up card tables, grass seed  
 A small / basic electric Kobalt snow blower, Kobalt Electric Mini Chain Saw, an electric stove  
 Leaf bags, Backbraces, Work gloves and gardening gloves, folding personal shopping basket carts, cellar doors  
 Cigarette Receptacle / Outdoor ashtray bin / Smoker's station, non-alcohol hand sanitizer, non-alcohol mouthwash  
 Mats & rugs for commercial purposes, Small new clean rugs for apartments, functional bicycles for kids & adults

**Apartments Supply List**

Vacuum (ready-to-use)	Dish drying rack	Bedding – Single Size	Standard Light bulbs
A/C & clean fans	Dish pan/bucket	Fitted Sheet	Simple Mirrors
Broom	Paper towels	Flat Sheets	Tissue boxes
Standing dust pan	Toilet Paper Rolls	Comforter	Basic Napkins
Floor squeegee	Garbage bins of	Pillows	DVDs & DVD Players
Mop & Bucket	different sizes (clean)	Pillow cases	Flat Screen TVs
All purpose	Garbage bag rolls	Towels	Phone Charger
antibacterial	Child flatware	Wash Cloths	Tampons & Pads
or Clorox spray	Kids drinking glasses	Hand Towels	Fold-up TV dinner tables
Dish Sponge	Shampoo	New Plungers	Small side tables
Dish Liquid	Conditioner	Shower Curtain	Small TV stands
Hand Soap	Bodywash	Dusters	Microwave & microwave stand

**Popular Toys** (Distributed mid-December)

Sensory Toys	Drawing Supplies	Legos (NO DUPLOS)	Hunting, Fishing, Camo
Fidgets	Sketch Books	Wrestling	(NO WEAPONS OR KNIVES)
Pop-its	Pencils & Sharpeners	Unicorn	Camping Equipment
Squishy balls	Journals	Dinosaurs	Winter gloves for teenagers
Squishmallows	Barbies	Pokemon	
Art Supplies			

**Care Package**

6 Q Tips	Moisturizer	Sunblock	Underwear & socks
2 Razors	1 Bar Soap	Antiseptic wipes	Bottle water (May-Sept)
Chapstick	Shampoo	Toe & Hand Warmers	Luggage bags
Band-aids	Conditioner	Nail clippers	Backpacks
Shaving cream	Body Wash	Flashlight	Lunch bag
Toothbrush	Combs	Umbrella	Ziplock bags of different sizes
Toothpaste	Tissues	Poncho	
Deodorant	Insect Repellent	Towel & Washcloth	AA & AAA Batteries

**Groceries**

peanut butter	<b>Chef Boyardee</b>	Cereal, <b>Granola/Protein Bars</b>	bottled water (May-Sept)
jelly	different cans of beans	side dishes (packaged)	upcoming holiday foods
macaroni & cheese	Garbanzo beans / chick peas	other pasta	canned corn
chicken noodle soup	White or red beans	white rice or other bag of rice	canned green beans
soups with meat	Black beans	<b>different canned fruit</b>	canned peas
cream soups	<b>Baked beans</b>	Canned Pears or Peaches	canned other veggies
vegetable soup	cans of tomato sauce	Canned Pineapple	cans of tuna
<b>Ramen noodle soup</b>	jars tomato sauce	Canned mixed fruit / other	canned chicken & meats
any stew / chili	<b>Spaghetti</b>	Applesauce	<b>coffee</b>

*When delivered immediately, FISH greatly appreciates donations of commercially prepared foods, fresh fruits and veggies, dairy, meats and frozen meals.*

## Services

FISH would greatly appreciate services including:

- Door repair and replacement
- Stump grinding
- Roof Cleaning
- Installation of a solar powered light attachment on the top of a flagpole, requiring a bucket truck or a 30 foot ladder
- Continuous storage space for furniture like mattresses, tables, chairs.

## These items



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## Hold a drive for food or personal items:

### Collect items at a school or organization

- Speak with a teacher, principal, or company manager.
- Make posters, ask friends, and post online to encourage donations to the drive
- Hand out FISH NWCT item lists
- Have boxes for collecting items in designated areas
- Involve the entire school or organization in your project
- Have FUN!!!!

### Collect items from in front of a store

- Speak to a manager at your chosen store and agree on a good date and time for the drive
- Make a list of things you will need to bring with you on the day of the food drive
- Table and chairs, boxes and bags, and the FISH NWCT suggested item donation lists to hand out
- Give lists to people as they enter, and collect donations as they leave
- A donation jar or bake sale for possible cash donations

**Items can be donated to FISH Monday-Friday, 8:30 AM-4:30 PM  
at our dock in the parking lot on Brooker Street in Torrington.  
(Donations during other hours may be arranged)**

### FISH NWCT Facts 2021-2022:

- 109,450 total meals were distributed
- 594 families were enrolled to receive assistance representing 1,200 individuals
- In the shelter, 7121 total bed nights were provided
- Individuals Served: 53 adults, 14 veterans, 10 children, totaling 73 residents

**If you would like to volunteer or plan for community service in Torrington CT  
please call Dan at FISH NWCT: 860-482-7300**