

# Got Clutter??

## Save the Landfills and Donate Your Stuff!

### Used Dresses

#### Inside the Dream

An Ontario based organization that helps youths living in low-income households under the poverty line shine on graduation night.

*What to Donate:* Prom items for young men and women, check online for their wish list.

*Where:* 4 locations in Mississauga area plus some Re/Max Realty locations

[www.insidethedream.org](http://www.insidethedream.org) or 1-800-263-3434 for more information.

#### The Cinderella Project

Celebrates the achievements of high school students in the Lower Mainland (Vancouver, British Columbia) who have overcome adversity in reaching the milestone of graduation.

*Where:* Several local retailers support this organization.

See website for complete list [http://thecinderellaproject.com/drop\\_off.htm](http://thecinderellaproject.com/drop_off.htm)

[www.thecinderellaproject.com](http://www.thecinderellaproject.com) or 604-603-9155 for more information.

#### The Glass Slipper Project

A Chicago-based organization that provides financially needy high school girls with prom dresses.

*What to Donate:* Prom-ready formal wear for young women

*Where:* Mail your dresses to Midway Moving & Storage, 4100 W. Ferdinand, Chicago IL, USA 60624

[www.glassslipperproject.org](http://www.glassslipperproject.org) for more information.

#### Dress for Success

An organization that assists low-income women looking for jobs. It has more than 70 affiliates throughout the United States, Canada, Great Britain, and New Zealand.

*What to Donate:* Business clothing, coats, shoes, handbags, and briefcases that are in excellent condition and no more than five years old

*How It Works:* Its annual suit drive, called Send One Suit, or S.O.S., usually runs every spring

*Where:* Go to [www.dressforsuccess.org](http://www.dressforsuccess.org) and click on "Affiliates" for locations near you across Canada

## Used Running Shoes

### Sole Responsibility

Based in Ottawa, an expansive project that gives running shoes and other sneakers to refugees in the Darfur Region.

*What to Donate:* Donate used, but still wearable, running shoes and a \$2 fee (to help cover the cost of shipping).

*Where:* [www.soleresponsibility.org](http://www.soleresponsibility.org)

Sole Responsibility c/o  
83 Place Road,  
Ottawa, Ontario  
K1L 5B9

### The Running Room

Select locations across Canada collect used running shoes for those in need. Running Rooms also support Nike's Reuse-A-Shoe and Nike Grind programs when offered in Canada where worn out shoes are separated, and ground up for use in athletic surfaces and fields.

*What to donate:* Used but wearable shoes also worn out shoes for Nike program when offered.

*Where:* [www.runningroom.com](http://www.runningroom.com) or 1-800-419-2906 ext.226 for a participating location near you

## Cell Phones

More than 140,000 tonnes of electronics equipment goes into Canadian landfills each year. That's equivalent to the weight of about 28,000 adult African elephants (Environment Canada).

### Project Redial

Offers Canadians the opportunity to conveniently donate their unwanted cell phone(s). By becoming a Project Redial participant, you can help us fund diabetes related programs and services while minimizing waste, diverting toxic chemicals from our nation's landfills and helping those in third world nations attain a much-needed method of communication.

*What to Donate:* Used cell phones and PDAs

*Where:* Drop them off at any Canadian Diabetes Association office, participating Value Village stores or through the Association's Clothesline® program.

Canadian Diabetes Association – [www.diabetes.ca](http://www.diabetes.ca) or 1-800-505-5525

## PHONES-FOR-FOOD

The mission of the thINK FOOD/Phones-for-Food project is to alleviate hunger and divert waste from landfill sites by raising funds for local food banks.

*What to Donate:* Used printer cartridges and cell phones

*Where:* Rogers stores, Purolator, municipal government offices, schools and many other local businesses have drop off boxes.

[www.phonesforfood.com](http://www.phonesforfood.com) or phone 1-888-271-3641 for more information

## Recycle Ink

The Canadian Diabetes Association's Recycle Ink program, which sells used cartridges to a local company for re-manufacturing.

*What to Donate:* ink jet and laser printer cartridges

*Where:* [www.diabetes.ca](http://www.diabetes.ca) and click on "support us" or call 1-800-226-8464 for drop-off locations and other information

## Eyeglasses, Sunglasses & Safety Glasses

### Lions Club

Lions are recognized worldwide for their service to the blind and visually impaired. The eyeglasses are corrected and distributed to those in need by Lion volunteers and other organizations hosting optical missions in developing countries.

*What to Donate:* Sunglasses, Eyeglasses, Safety Glasses, Magnifiers

*Where:* Lions collection boxes (available for purchase through Lions Club Supplies) may be found in locations such as post offices, libraries, schools, eye doctors' offices, train stations, banks, coffee shops, video stores and other community businesses and Offices of Canadian Association of Optometrists members like Hakim Optical as well as Lenscrafters. [www.lionsclubs.org](http://www.lionsclubs.org) under Vision Programs

## Old Vehicles

### Kidney Foundation

Vehicles that are not resold are disposed of in an environmentally friendly manner: the car as well as the tires, battery and oil are recycled. It's an easy way to get rid of an unwanted vehicle while helping a good cause and receive a tax receipt.

*What to Donate:* Used cars

*Where:* Across Canada, look for Kidney Car on their website: [www.Kidney.ca](http://www.Kidney.ca)

## **Car Heaven**

An initiative of the Clean Air Foundation, designed to reward and enable people to get their older, high-polluting cars permanently off the road. Incentives for donating some older models.

*What to Donate:* Used cars, the average car donated is 16 years old

*Where:* Across Canada [www.carheaven.ca](http://www.carheaven.ca) or call (416) 922-9038

## **Blankets and Towels**

### **SPCA, Humane Society and other Animal Shelters**

There are many organizations that take care of animals throughout Canada from rescue to adoption.

*What to donate:* These groups usually rely only on private donations to operate and are always accepting used towels and blankets that fill our linen closets.

*Where:* Look in the Yellow pages for an organization near you.

## **Other Items**

There are many great organizations today that can really use community support and above is only included a small number to get you started. You can also contact your local MPP and Township Office to find who accepts donations in your own community. An excellent resource is [www.charityvillage.ca](http://www.charityvillage.ca) where you can find numerous places looking for specific donations to help their cause.