

# CELEBRATE THE SEASON BY SUPPORTING PEOPLE WITH INTELLECTUAL DISABILITIES!



This holiday season, Jewel's Bakery and Café is raising funds for The Opportunity Tree's SEEDS Employment Services to support employment pathways for people with disabilities!

Your donation plays a vital role in ensuring our Members access the resources they need to thrive in the workplace and pursue professional ambitions.

## **Donate directly for the most impact or Support SEEDS Members with These Donations:**

### **Support getting to/from the job:**

- QT or Circle K gas gift cards
- Uber or Lyft gift cards
- Prepaid Valley Metro Pass (Copper Card) to ride the bus/light rail

### **Professional Essentials:**

- Ties (classic, neutral colors)
- Gift cards to Ross, TJ Maxx, or Burlington for professional attire and uniforms

### **Technology Tools:**

- Power banks (portable phone chargers to stay connected)
- Tablets & laptops (for job applications and online training)
- Noise-canceling headphones (for virtual interviews or training sessions)

### **Skill-Building Resources:**

- Indeed or LinkedIn Premium subscriptions (for advanced job search tools and networking)
- Online course platform subscriptions (Coursera, LinkedIn Learning, or Udemy for skill-building courses)

### **Self-Care and Confidence Boosters:**

- Professional haircuts gift cards (help Members feel confident during interviews)
- Dental teeth whitening (to boost confidence for interviews)
- Makeup kits (basic, neutral sets to help Members feel their best)

### **Everyday Needs:**

- Lunch bags (to carry meals for work or training)
- Hygiene kits (travel-sized items like deodorant, toothpaste, toothbrushes, and hand sanitizer)
- Reusable water bottles (practical and easy to use)