

## SWAP 'N SHOP

The purpose of the Fairview Family Resource Centre SWAP 'N SHOP is to provide community members the opportunity to trade things that they have for things that they may require, so there is no money involved; only goods are exchanged. This will be a very valuable resource to community members especially in between pay periods when many of us begin to run out of household, personal and baby items.

### **How the SWAP 'N SHOP Works**

Items will be assigned a dollar value. When you bring in an item for exchange you get an item or items totalling the value of the item you brought in. For example, if you bring in one pack of 12 baby wipes you may get 2 size 5 diapers This works because the value of the baby wipes is **\$1.00** and the diapers are valued at **\$.50** each so **2 for \$1.00**.

### Hours of Operation

**TUESDAYS: 2:30 pm – 4:30 pm**  
beginning on Tuesday October 14<sup>th</sup>

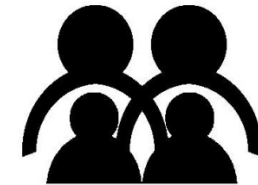


**A small sample of our items**

## **Fairview Family Resource Centre**

[www.parentntot.com](http://www.parentntot.com)

## SWAP 'N SHOP



## **Providing support and resources to all family members**

**3524 Dutch Village Road**

**Halifax, NS B3N 2S1**

**Telephone: 443-9569**

**Email:**

[parentntot@hfx.eastlink.ca](mailto:parentntot@hfx.eastlink.ca)



## VALUE LIST

### BABY NEEDS

Diapers and Baby needs	
* Newborns	\$0.10
* Size 1	\$0.20
* Size 2	\$0.25
* Size 3	\$0.30
* Size 4	\$0.40
* Size 5	\$0.50
* Size 6	\$0.60
* Pull Ups/Swimmers	\$0.75
Diaper Rash Cream	\$0.50
* Formula	\$1.00
Baby Wipes pk. 10	\$1.00
* Breast Feeding, Nursing Pads	\$0.25

### MISCELLANEOUS NEEDS

Postal Stamp	\$0.50
* Envelope	\$0.10
Adult bus tickets	\$1.00
Child bus tickets	\$1.00

*We will be accepting ongoing donations for our Swap 'n SHOP.*

**Sorry No Credit Available**

### PERSONAL NEEDS

* Maxi Pad (1)	\$0.20
* Tampons (1)	\$0.25
* Panty liner (1)	\$0.10
* Depends	\$0.50
* Soap (1 Bar)	\$0.25
Deodorant	\$0.50
Toothbrush	\$0.50
Tooth paste	\$0.50
Dental floss	\$0.25
* Razors	\$0.10
Shampoo	\$0.50
Conditioner	\$0.50
* Toilet paper (1)	\$0.25
* Kleenex	\$0.50
* Bandages	\$0.10

**Items marked with an \* asterisk are available in larger quantities if needed**

### SCHOOL SUPPLIES

Scribbler	\$0.50
Pencils	\$0.10
Pens	\$0.10
Crayons	\$0.25

### HOUSEHOLD NEEDS

* Small garbage bag	\$0.05
* Large garbage bag	\$0.10
* Light Bulb	\$0.25
* Candles /* matches	\$0.10
* Fuses	\$0.25
Dish Soap	\$0.50
Clothes Soap	\$0.50
* Small Thread	\$0.10
Large Thread	\$0.25
* Needles	\$0.10
Household cleaner	\$0.50

### Please Note:

If you are looking for a particular item and it is not on our list, please let us know. Maybe we can stock it.

*The SWAP 'N SHOP has been made possible through funding from the United Way of Halifax Region.*

