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foods can be problematic, like canned navy beans and those are heavily featured in donation boxes.

Often unhoused people or the elderly have issues with dental care access and require soft foods and soups, or easily prepared options. Others are on liquid diets and rely on meal replacement drinks like Boost and Ensure. Pre-cut packaged perishables are best for those with motor skill issues or people who can't easily chop foods for a variety of reasons.

Beyond food, 30 per cent of the population have poor reactions to perfumes and essential oils and require unscented toiletries and cleaning products. My daughter and I have multiple chemical sensitivity and have terrible reactions from scented products, which include nose bleeds. Similarly, if you're donating period products (good for you!) try to find unscented, unbleached, plas-



Erin Caton photo

A counter full of allergy safe foods (including coconut milk, rice noodles, gluten-free flours and noodles, gluten- and dairy-free cookies, dairy-free crackers, and kids snacks), unscented dish soap and natural ingredient-based period products.

tic-free options as they are suitable for more people. When you're buying baby diapers, grab some for adults too. They will be greatly appreciated. Even service animals could use donations, so if you're buying for your pet, pick up an extra bag.

Ultimately, donating money directly to disabled people in need is the best option, because no one knows the details of their situation better than the people themselves. In lieu

of that option, if it's the thought that counts, then putting this extra bit of thought into your donations will make yours count even more. Happy holidays, and thank you for thinking of others.

Erin Caton is the Chair of the Environmental Sensitivities Coalition of Canada. For more information, see www.environmentalsensitivities.org. For more accessibility tips, follow @erin on Twitter.

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