

HELP FOR VENEZUELA



How you Can Help

After searching and sending, we have found the best way is to purchase the goods online and send them directly to a shipping company in Miami. That company will load it into a container and send all of the goods to the front door of our house.

This is the cheapest way to send anything to us (especially using low or free shipping from your preferred online supplier like amazon prime).

Steps for sending donations to Venezuela.

1. Look at the list of needs on page #2
2. Purchase what you are willing to send and send it directly to the address below. (this will save you a lot of money)

Shipping Address:

Nathan Arce Ministries
Office Express Corp.
1835 NW 112th Avenue, Suite 174
Miami, FL 33172

3. Once you send the goods the Company will repackage it into medium size boxes and send them to me. (the cost is in average \$10 per square ft.)

Contact: Darwing Torrealba

drawing.torrealba@officexpress-us.com

www.officexpress-us.com

Phone +1 (786) 503-6800,

Mobil +1 (786) 202-2390



OFFICE EXPRESS^{CORP.}
DARWING TORREALBA
drawing.torrealba@officexpress-us.com

 Tel: +1 (786) 503.6800
+1 (786) 503.6840
Fax: +1 (305) 629.9893
Movil: +1 (786) 202.2390
 Tel: +58 (251) 711.0218

 1835 NW 112th Avenue,
Suite 174
Miami, FL 33172

 WWW.OFFICEXPRESS-US.COM

What to buy:

Non-Perishable Foods:

- canned chicken, tuna, or any other protein
- powdered milk, oatmeal, baking powder, baking soda, wheat flour
- pancakes or biscuit mix; cake or muffin mix.
- peanut butter, cereal, protein bars
- Velveeta or other pasteurized cheeses that do not need to be refrigerated before being opened
- rice or beans of any kind.
- noodles and pasta; instant soup (**not spicy**).

Basic Medicine for Infants, Children, and Adults:

- Pain medicine (Ibuprofen, Acetaminophen, Aspirin, etc.)
- Medicine for fever, colds, and/or cough
- Ear and eye drops
- Medicine for stomach discomfort, diarrhea and/or vomiting
- Pedialyte powder, topical antibiotics, asthma inhalers, water purification tablets, or non-electric water filters
- Any other medication that is not being used that you can donate

Personal Items:

Toothpaste, toothbrushes, shampoo, soap, deodorant, feminine pads, lice shampoo treatment, diapers, wipes.

Shoes:

For children (all sizes) / women (sizes 6-10) / men (sizes 8-11)

Clothing:

For children (all sizes) / Women (sizes S-M-L) / Men (sizes S, M, L, and XL)

- socks and underwear for all (men, women, and children)

For the Rolling Blackouts:

Flashlights and headlamps - preferably rechargeable ones or please send extra battery packs

(And anything else you would like to send)

The second option is to gather donations and send it from your location to Miami.

1. Buy a Medium heavy-duty box (you can get them at Lowe's or Home Depot)
2. Reinforce the box with tape, especially at the corners (it will be a long trip), and please write with a marker "**Nathan Arce**" outside of the box to avoid any confusion in case the box breaks and is repackaged. Then fill the box(es) with anything needed previously.

Important: When Packing please do not mix food and hygiene products. The heat will transfer odor from products to the food. Thank you.

3. Go to your local Fedex and send the box to Office Express Corp. (Info above). While at FedEx give them my personal Account Number to receive a discount the Account number is: **689904076**
4. When Office Express Corp. receive the boxes, they will send the boxes directly to our House in Venezuela. (usually it will cost \$50 per box at FedEx and \$30 at Office Express Corp.)
5. Office Express Corp. let you know how much to pay for the Boxes as soon as they've received them.
8. It usually takes around 4-5 weeks at the most for the box(es) to arrive.

Thank you so much for your help for the needy people in Venezuela!

If you have any other questions, please contact us at nathanarce@gmail.com or call me directly at (423) 591-0954.

Thank you very much!