

# SHIPPING AND PACKING GUIDE



1. **Gather all of your supplies.** When shipping insulin, packing everything in a lunch box or an insulated cooler works well. You can find an inexpensive lunch box or insulated cooler at your local Walmart or superstore.  
Adding gel or foam ice packs in the container ensures the insulin will stay cold throughout the shipping process. Pack the insulin and gel packs tightly inside the container. This will help maintain the proper temperature. For any non-insulin items, packing is as easy as placing everything inside a box. Remember, it's most cost-effective to use as small of a box as possible.
2. **Include your contact information.** If you'd like to be notified by email when your package arrives, remember to include your email address along with your donation. The easiest way to do this is by using the shipping form located on our website. The information listed on the document helps us write an itemized receipt for your tax-deductible gift.
3. **Ship your donation.** Now, take the box to your preferred shipping company. Please send your donation to our facility in Northbrook, IL. Our address is

**The Jared Kuper Diabetes Foundation  
732 Lexington Court  
Northbrook, IL 60062**

When sending insulin, we recommend choosing two-day shipping to ensure the donation stays cold. If you are donating other supplies, standard shipping works well.

4. **Thank you for your support!** Now, your donation is on its way to The Jared Kuper Diabetes Foundation. We greatly appreciate you being a part of our team. Your contribution makes our mission of helping the diabetes community possible.