

Care Packages for our Military

FOOD and SNACKS:

- Beef Jerky/Slim Jims
- Coffee (ground or instant), hot chocolate packets, Herbal teas
- Instant drink mixes (Gatorade, Kool-Aid, Crystal Light)
- Pumpkin seeds/sunflower seeds (salted)
- Tuna in foil pouches (no cans)
- Protein bars, cliff bars (no chocolate items from March to October)
- Hard pretzels, Cheetos, Fritos, Chex mix, Wheat Thins
- Gum and hard candy (must be individually wrapped)
- Granola bars, power bars/cereal bars
- Small packs of Fig Newtons, Oreos, Cheese-Its, Trail Mix, Dried fruit, Granola, Fruit Roll- Ups, Fruit Gummies
- Dry soup, Ramen noodles, cup of soup
- Nuts, peanuts, mixed nuts (salted)
- Cheese and cracker packs, popcorn, instant oatmeal cereal (small packages)
- Rice Crispy Treats (store bought only), caffeinated gum or candy (to stay alert)

TOILETRIES (no hotel samples)

- Baby wipes (travel size)
- Liquid hand sanitizer (travel size), shampoo/conditioner (travel size)
- Body wash, liquid soap, facial cleanser, hair gel, combs/ brushes
- Eye drops (I.e. Visine), nasal spray, deodorant travel size, disposable razors
- Cotton swabs, band aids, lip balm, chap stick, foot powder, wash cloths, tissues
- Sun block SPF 45, zinc, Aloe Vera gel
- Bug spray, skin so soft (pump sprays)
- Hand and body lotion
- Mouthwash, toothpaste, toothbrushes, dental floss
- Breath mints, nail files, cotton balls

Other Items

- Pens and mechanical pencils
- Crossword puzzles, word search books, Sudoku puzzle books
- Dominoes, playing cards, dice, poker chips, Frisbees, board games
- T shirts-Cotton (green and tan), socks (black, olive green and white)
- Magazines

The troops love to receive letters and notes from home!!!!