

Suggested Items for Donation to the Troops

Food and Snack Items (single servings)

- ❖ **Gum (blister packs), lifesavers**
 - Hard candies
 - Trail Mix
 - Power bars, protein bars, nutritional bars
- ❖ **Beef jerky, beef summer sausages**
(non perishable , labeled USDA Beef)
- ❖ **Nuts, crackers, Pringles chips**
- ❖ **Sunflower seeds**
 - Pop tarts, cereal/granola bars
- ❖ **Ramen noodles**
 - Ravioli & other canned meals
 - Taco Bell sauce packets
 - No microwave popcorn

Beverage Items

- Coffee, coffee mixes, tea
- Hot cocoa
- Lemonade, Kool-aid, tang, iced tea mix
- ❖ **Gatorade packets/powder**
 - Sugar/creamer packets for coffee

Recreational Items

- Hacky sacks, tennis balls
- Deck of cards

Clothing Items

- ❖ **Bandana's**
 - Boot liners/insoles
 - Odor eaters for boots
 - Underwear/T-shirts/tank tops (men & womens)

Communication Items

- ❖ **Pens**
 - Envelopes, paper
 - Notebooks (pocket size)
 - Small. blank journals

No Pork or Pork-by products

Single serving sizes preferred NO glass

❖ Preferred Items

Personal Care Items

NO AEROSOL CANS!

- ❖ Room Deodorizers
- ❖ **Batteries (AA,AAA)**
 - Tactical duct tape; military green, tan , or black (very necessary)
 - Electrical tape
 - 72" bootlaces (brown or tan)
 - Leatherman all-in-one tools
- ❖ **Ziploc bags ALL SIZES**
 - Lotrimin AF, Tinactin for athletes foot
 - Medicated foot powder, foot swabs
- ❖ **Moleskin**
 - Lip balm
 - Eye drops (dry eye not red eye)
 - Sunblock
 - Throat lozenges
 - Aspirin, Motrin, Tylenol, pain relievers
 - Saline spray/drops for sensitive nasal passages
- ❖ **Q-tips**
 - Eyeglass wipes
- ❖ **Baby wipes (alcohol free)**
- ❖ **Liquid body wash**
 - Liquid hand sanitizers/Lotions
 - Disposable hand sanitizing wipes
 - Toothbrushes/Toothpaste
 - Nail clippers
 - Shampoo (travel size)
- ❖ **Deodorant (travel size – NOT ANTI-PERSPIRANT)**
- ❖ **Brush-ups**
 - Disposable razors
 - Kleenex travel size packets
 - Travel size toilet paper
- ❖ **All Items should be in SMALL, TRAVEL SIZE AND/OR RE-SEALABLE CONTAINERS**

I know times are hard for us all, here are some simple, **FREE** ways that you can help.

- When I go to restaurants ie: Starbucks, Taco Bell, please always ask to have a few (handful) extra packets of sauce, sugar, salt, pepper, jelly... they're **FREE!**
- When I travel, I collect shampoo, conditioner, soap, mouthwash, sewing kits... they're **FREE!**
- Don't forget the pre-packaged stuff next to the coffee pot, they're also **FREE!**
- Dr. Offices always give away samples of lotion, sunblock, aspirin, allergy medicine, eye drops... they're **FREE!**
- Dentists offices have toothbrushes, toothpaste, floss... they're **FREE!** When you tell them why you want extra, they'll be happy to give you a handful.
- Letters of support from home... they're **FREE!**
- If you have or know any children, ask their class to make cards... what a great class project... and, they're **FREE!**
- We always need your time. Volunteer... It's **FREE!**

You can contact us at (707)501-3353, we will be happy to collect donations and items