



## **NEEDED ITEMS FOR OUR DEPLOYED MILITARY MEN / WOMEN**

**BEVERAGES** - Coffee, creamer, tea, MIO, Lemonade, Kool-Aid, Gatorade dry mix. Any mix they add to their water.

**BREAKFAST FOODS** - Single serve boxes of cereal, oatmeal cups, cereal bars  
Pop Tarts, instant breakfast drink mixes.

**FOOD** - Canned fruit, canned chicken & tuna, Ramen Noodles, Rice Cups, Mac and Cheese, mashed potato cups, Ravioli or any microwave meal.  
(No pork products) Remember a can of chicken and a rice cup/mashed potato cup can provide a meal for our service members.

**SNACKS** - Trail Mix, Jerky, nuts, sunflower seeds, chips, crackers, pretzels, Rice Krispy Treats, brownies/cookies, gum and candy. No Chocolate from April to September, due to high heat.

**HYGIENE ITEMS** - Baby Wipes, Chap Stick, eye drops, stick deodorant, razors, toothpaste, toothbrushes, mouthwash, powder, Band Aids, kleenex packs, body lotion, shampoo, conditioner, soap, washcloths, nail clippers, Antibiotic cream, Cortaid cream and Q tips. For our female service members, brown/black hair ties, tampons and hair brushes. We cannot send nail polish or perfume or aerosol sprays.

**WINTER ITEMS** - Hand/foot warmers, hats, gloves.

**OTHER NEEDED ITEMS:** Eye Glass wipes, batteries, travel size pillows & pillow cases, socks, neck coolers and freeze pops (during hot months). Magazines crossword puzzles, Suduko books, paper, envelopes, blank holiday or everyday cards for them to send home to their family, pens, drawing pads and pencils. Fun little toys & Nerf guns are always welcomed.

**CHRISTMAS** - Gingerbread Houses, hand made cards to them, blank cards for them to send home to their family. Stockings filled with goodies along with fun stuff. Be creative!

**CARDS** - Our troops love getting cards and letters from home. Do you have a youth group, church group, school or a group you belong to? Please consider taking on a project and write cards for our troops. They enjoy these cards so much and a lot of these guys don't get anything from home.