

~ Ideas for your Care Packages ~

- * **NON-PERISHABLE STORE BOUGHT FOOD**
- * **NO HOMEMADE FOOD**
- * **FOOD MUST BE IN BOXES AS SOLD. NO LOOSE FOOD OUT OF PACKAGING.**
- * **NO FOOD IN GLASS JARS.**
- * **NOTHING W/PORK ON MAIN LABEL**
- * **NO ALCOHOL**
- * Mini Slim Jim's in boxes
- * Bagged candy with individually sealed/wrapped candies
- * Protein Bars in boxes
- * Protein Powder
- * Coffee—ground in bags, no decaf
- * Powdered Coffee Creamer
- * Snacks (cookies, chips, Pringles, crackers) individually wrapped in boxes
- * Peanut Butter (Jif to Go)
- * Pop-Tarts in boxes
- * Breakfast and granola bars in boxes
- * Salsa and dips in cans
- * Canned Food—Spaghetti-O's soup, chili, fruit, vegetables, tuna fish, chicken, ravioli, mac & cheese

- * Sugar & sweetener packets in boxes
- * Drink mix packets in boxes
- * Seasoning for their food

PERSONAL HYGIENE ITEMS*

- * **NO AEROSOLS LIKE SHAVING CREAM**
- * Baby wipes (sensitive skin/unscented)
- * Mole skin for their feet
- * Travel Size shampoo & Conditioner
- * New/Unused Hotel toiletries
- * Soap
- * Deodorant Sticks
- * Toothbrushes, toothpaste, mouthwash
- * Razors, shaving cream that is not an aerosol
- * Dark color crew socks
- * Boxer briefs (S, M, L)
- * Gold Bond Body Powder (small size)
- * Facial Moisturizers—sensitive skin
- * Moisturizing eye drops in box
- * Hand Sanitizer—small bottles
- * Chapstick in store packaging
- * Air Fresheners: Stick ups, Renuzits, Hanging Pine Trees, etc.

- * Laundry Detergent Pods
- * Kleenex—individual packets

FOR WOMEN

- * Tampons, Summers Eve Wipes
- * Cotton panties, boyshorts (S,M,L)
- * Midol, Advil, Motrin, Tylenol

Other Personal Care Items

- * Wash cloths, Pillow cases, Twin Size sheets
- * New Bed Pillows (Ikea sells for \$1.99 already vacuum packed)
- * Rolled Blankets
- * Hand, feet and toe warmers

Miscellaneous Items

- * Nerf guns, cards, Frisbees —fun things
- * Holiday Decorations
- * Flags—All branches of Military & American
- * Puzzles, games, puzzle books, books, pens and pencils, drawing paper
- * Blank birthday and note cards for the Troops to send
- * Cards and Letters of thanks to the troops in unsealed envelopes or no envelopes
- * Handmade cards from Kids
- * Prepaid International Phone Cards

FOR K-9 UNITS

- * Collapsible dog food dishes, Kong balls, Milk bones, treats, dog toys and cooling mats (NO DOG FOOD)

*NOTE: Smaller size personal care products are preferred over large containers as they fit better in their backpacks. Everything MUST be NEW / UNOPENED

Donations are definitely needed for Postage! The Military flat rate boxes cost \$18.45 each so it adds up FAST! Checks and cash are accepted for postage. Send to A.W. Care Packages, 255 Clifton Rd. Suite 313, Westminster, MD 21157