

## ITEMS FOR MILITARY CARE PACKAGES

### FOOD (including dry goods, snacks)

- Canned/Dried Fruit (no plastic containers)
- Canned/Pouch Meat, Tuna, Chicken
- Canned Vegetables/Soup/Meals (pop-top cans of fruit, ravioli, chili, ramen noodles)
- Oatmeal (instant, single serving packets)
- Sugar packets
- Pop-Tarts
- Cookies
- Granola Bars, Power Bars, Clif Bars, Balance Bars
- Beef Jerky or SlimJims
- Nuts, Nut Spreads and Trail Mix

### CANDY

- Candy (heat resistant – Jolly Ranchers, Twizzlers, Life Savers, lollipops, Tootsie Rolls, Laffy Taffy, gummy bears, etc.)
- Gum

### DRINK

- Coffee (instant) and Creamer - single serving size
- Powdered Drink Mixes

### TOILETRIES

- Baby Wipes - individual packs
- Deodorant
- Eye Drops
- Foot Powder
- Lip Balm
- Q tips
- Shampoo (travel size)
- Body wash (travel size)
- Sunscreen

### DENTAL

- Toothbrushes
- Toothpaste
- Floss
- Mouthwash

### ENTERTAINMENT

- Playing cards
- Crossword puzzle books
- Sudoku books

### CORRESPONDENCE

- Pens
- Post cards  
(You DO NOT have to put a stamp on the post cards — the service member can mail them for free back to the states.)