

BUCKEYE MILITARY MOMS – CARE PACKAGE ITEMS

Travel size toiletries: shampoo, conditioner, body/hand lotion, body wash, bar soap, bath gel, toothpaste, **individual travel size mouthwash**, sunscreen in a tube, foot powder, Q-tips

Individually wrapped: toothbrushes, dental floss, lip balm, **lens wipes**, individual travel size male **deodorant**, multi-blade razors, small combs, eye drops, nail clippers, shaving cream in a tube (no aerosol)

High Protein Items: **Flip top/pull tab cans or pouches of meat or tuna or Vienna sausages; flip-top/pull tab cans of ravioli or spaghetti & meatballs**; high protein soups; **summer sausage** (Slim Jims); small size peanut butter, Nutella, Velveeta or other non-refrigerated cheese; **Protein bars and Clif Bars**

Other Items:

- Small cans or pouches of fruit, bean dips, salsa (NO glass or cellophane)
- Small packets of Ramen or instant mashed potatoes; individual cups of mac & cheese; individual packets of sauce/gravy mix; **individual packets of instant oatmeal**; individual packages of dry cereal **Granola bars**; small packets of nuts, trail mix, and dried fruit
- Snack size Pringles, peanut butter crackers, cookies, fruit snacks, Goldfish, chips, pretzels, etc.
- Small liquid or vitamin mixes to put in water bottles, individual drink mix packets, small bags of instant coffee, individual serving packets of hot cocoa/chocolate
- Packs of gum, hard candy, Skittles, mints (NO Jolly Ranchers), M&Ms and other bite-size candy
- Hand/Foot warmers; boot cut socks (army green, army brown or black only)
- **Microfiber towels**; washcloths
- Small size laundry detergent
- Ziploc-type baggies – all sizes
- Small rolls of trash bags
- Decks of cards, travel size games, ink pens
- Materials for correspondence kits: blank cards, writing paper, envelopes, unused holiday cards with envelopes, unused special occasion cards (birthday, thank you, anniversary, thinking of you, etc.)
- **Baby wipes** (40 ct. preferred)
- General current magazines such as *Sports Illustrated, Time, Life, People, Us, Men's Health, Women's Health, Smithsonian, PC Magazine, Popular Mechanics, Readers Digest*, as well as sports magazines

Letters of Support: Letters, cards & children's drawing are ALWAYS a hit. If these are from a classroom or group, please add the address of the facility in case a service member would like to respond. Please DO NOT place children's full name on drawings – use first name and age instead.

We Cannot Send:

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| *Religious material | *Political material |
| *Anything aerosol or pressurized | *Hazardous, flammable, toxic or radioactive substance |
| *Anything in a glass container | *Perishable food that would spoil |

***Bolded items are most needed. Please note individual sizes, pull top cans are needed as they may not have can openers available. Also please check the expiration dates.**