

HELP PACK A BOX FOR THE TROOPS

SNACK ITEMS:

SMALL INDIVIDUAL PACKS AND POP-TOP CANS

GRANOLA BARS
PROTEIN BARS
CANS OF NUTS (SUGGESTED SIZE 4-6 OZ)
SUNFLOWER SEEDS (SUGGESTED SIZE 6.56 OZ)
CANNED FRUITS (SUGGESTED SIZE 8.75 OZ)
TOP RAMEN NOODLE
BOX TUNA OR CHICKEN WITH CRACKERS
DRIED FRUIT SNACKS (SUGGESTED SIZE 6 OZ)
BEEF JERKY (SUGGESTED SIZE 2-3 OZ)
MICROWAVABLE POPCORN
PACKS OF HARD CANDY (SUGGESTED SIZE 4 OZ)
GUM PACKETS

HYGIENE PRODUCTS:

SHAMPOO BODY WASH (SUGGESTED SIZE 12-15 OZ)
EYE DROPS
DEODORANT (SUGGESTED SIZE 2.3-2.7 OZ)
Q-TIPS (SUGGESTED PURSE SIZE PLASTIC BOX)
INDIVIDUAL PACKS OF TISSUES
AFTERBITE/ANTI-ITCH CREAM
INDIVIDUAL TOOTHBRUSHES
INDIVIDUAL FLOSS
TOOTHPASTE (SUGGESTED SIZE 4-4.5 OZ)
CHAPSTICKS

MISCELLANIOUS ITEMS:

COUGHDROPS (SUGGESTED BAGS OF 30-35 PIECES)
DVD MOVIES
MAGAZINES: CAR, HUNTING, SPORTS
PAPERBACK BOOKS
SUDOKU / GAME BOOKS



By purchasing any of the listed items you are honoring our Military Service Members deployed overseas. Our Chapter will be packing over 300 care packages to send to the deployed troops. This project is not possible without your help and the support from our community.

THANK YOU

MONETARY DONATIONS ARE APPRECIATED

WINTER ITEMS:

SMALL INDIVIDUAL PACKETS

HAND / FOOT WARMERS
HOT CHOCOLATE
OATMEAL PACKETS

HYDRATION ITEMS:

POWDERED ELECTROLYTE SUPPLEMENTS
SUCH AS PROPEL / CRYSTAL LIGHT
SUGGESTED SIZE BOXES OF TEN PACKETS

PLEASE NO CHOCOLATE, LARGE ITEMS, OR ROMANCE NOVELS

HELP SPONSOR A SERVICEPERSON
A \$50 DONATION WILL PACK AND MAIL A BOX

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For questions about collections, feel free to call Nancy Sporrer at 540-219-6072
P.O.Box 91 Fredericksburg, VA 22404 www.bluestarmothersva4.org Visit us on Facebook!

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