

Operation: Care and Comfort “Shopping List”

The following Care and Comfort items are needed on a continuing basis for care packages for our deployed U.S. Forces:

Gallon, quart, sandwich, and snack sized Ziploc Bags (to make care packages), hand written cards and letters of encouragement for our troops

Snacks, Foods, and Treats

Individually wrapped hard candy (Twizzlers, Tootsie Pops, Skittles, lollipops, Life Savers, Sweet Tarts, etc), chewing and bubble gum, mints, breath strips (no homemade items, please. Chocolate is accepted October - March.)

Small packages of nuts, seeds, pretzels, cookies, chips (Pringle type containers best), crackers, Corn Nuts, fruit snacks and fruit leather, squeezable apple sauce

Trail Mix, energy, protein, breakfast and granola bars, instant oatmeal, Kraft Easy Mac, Cup a Noodles/noodle bowls, pop tarts, small cereal boxes (one serving)

Powdered, sweetened drink mixes (Gatorade, Crystal Light, Kool-Aid), ground or instant coffee, tea bags, hot chocolate, cider mix, stevia, sugar, sweetener, Coffee Mate, and condiment packets, instant soup (Lipton, Miso soup, etc.)

Canned meats (NO PORK!), stews, chili, ravioli and spaghetti, soups, pop-top fruit, beef jerky, non-refrigerated microwavable meals

Personal, Hygiene and Toiletries

NO SCENTED BAR SOAP, PLEASE. Hotel/travel sized gel deodorant, shampoo, lotion, bath gel, toothpaste and mouthwash, toothbrushes, dental floss and lip balm

For Females: Hair bands, clips, bobby pins, tampons, maxi and mini pads, oil free face cleaner, makeup remover, nail kits (no nail polish or remover), mascara and makeup

Eye drops, nose drops, unscented baby wipes or body wipes, sanitized wipes/hand sanitizer, good quality razors and blades, shaving gel and powder (NO AEROSOL CANS)

Small Kleenex Packets, Q-Tips (Large packages are fine), anti-Fungal Creams, Band Aids, medicated foot powder, sunscreen, cotton calf length socks

Entertainment and Leisure

DVDs, CDs, game consoles and games (even older models as long as you have the connectors), AAA and AA batteries, pens, pencils, blank greeting cards and stationary, stickers, AT&T phone cards, adult color and puzzle books, colored pencils and sharpeners, playing cards, dice, hand held games and puzzles, funny papers and crossword page from newspapers

Seasonal

Hand and foot warmers, gloves, sun glasses, neck coolers