

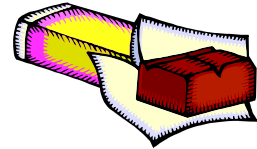
# **SHOEBOXES FOR SOLDIERS**

**Choose from the following list of items to create your shoe-box for soldiers You can place more than 10 things in your box if you wish. We are suggesting you add a variety.**

**Don't forget to create a card for your shoebox.**

## **CHOOSE FOUR FOOD OR CANDY ITEMS**

- Gum and mints
- Candy (No chocolate May-September)
- Protein Bars, power bars, nutritional bars
- Fruit: single serving size cans
- Nuts, sunflower seeds, peanuts, trail mix, dried fruit
- Beef jerky, beef summer sausage (non-perishable; labeled USDA Beef)
- Single-serving bags of snacks, crackers
- Pop Tarts, cereal bars, granola bars
- Ramen Noodles, Cup-O-Noodles serving cups, Easy Mac®
- Ravioli and other canned ready-to-eat meals (single serving) with pop-top
- Popcorn (single serving)
- Hard Candy (single wrapped)



## **CHOOSE ONE BEVERAGE ITEM**

- Instant Coffee packets
- Instant Cappuccino packets
- Hot cocoa mix packets
- Lemonade mix, Kool-Aid® mix, Raspberry Iced Tea mix
- Gatorade® mix (powdered only)

## **CHOOSE ONE COMMUNICATION OR RECREATIONAL ITEM**

- New decks of cards
- Paper back book or newspaper
- Stamps
- Envelopes
- Small pads of paper
- Pens
- Small, blank journals



## **CHOOSE FOUR PERSONAL CARE ITEMS**

- Lip balm (Chapstick in a tube) is in high demand in desert areas.
- Throat Lozenges & Vitamin C Lozenges
- Travel size packages of Q-tips
- Body wipes for personal hygiene (alcohol-free)
- Liquid hand sanitizers (no pump-style dispensers)
- Toothpaste (in hard-side tubes rather than traditional tubes)
- Toothbrushes
- Nail clippers
- Shampoo
- Deodorant
- Liquid** bodywash soap (no bar soap or pump-style dispensers)
- Lotion, unscented, for dry skin (no pump-style dispensers)
- Disposable multi-blade razors (no single blade razors please)
- ShaveMan™ Battery Powered Shaver(About \$5 at WalMart and other discount stores)
- Razors and replacement blades

