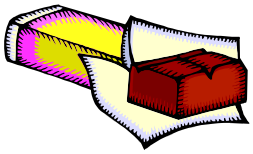
SHOEBOXES FOR SOLDIERS

***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)

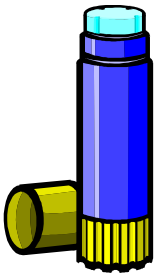
CHOOSE ONE BEVERAGE ITEM

- 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 COMMUNCATION 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