

Feed The Troops

List of Items Needed by U.S. Soldiers in Iraq

Beef Jerky / Slim Jims

Coffee (Individual Packets - No Decaf ! They need to be Awake & Alert!)

Creamer (dry powder packets)

Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)

Sunflower Seeds (Salted)

Tuna in Foil Packages (No Cans)

Protein Bars / Granolla Bars / Cerial Bars / Power Bars

No CHOCOLATE Products (it will melt in high temperatures)

Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins

Chewing Gum

Hard Candy

Nuts: Peanuts, Mixed Nuts, Cashews & etc. (salted)

Cookies: Oreos, Choc. Chip, etc. (Individual packs)

Cheese & Cracker Packs, Peanut Butter & Cracker Packs

Oatmeal Packages (instant: just add water)

Cerial (small individual boxes)

Rice Krispie Treats (store bought only)

Caffeinated Gum & Candy (to stay alert and awake)

Baby Wipes (travel size)

Liquid Hand Sanitizer (travel size)

Eye Drops (ex. Visine)

Nasal Spray

Deodorant (travel size)

Razors (disposable)

Shave Cream (tubes only; No Cans)

Cotton Swabs (travel size Q-tips)

Band-Aids, First Aid Kits (travel Size)

Lip Balm / Chap Stik / Carmex

Baby Powder / Foot Powder (travel size)

Tissues (travel size)

Sunblock / Sunscreen / Aloe Vera Gel

Bug Spray - w/DEET

Hand & Body Lotion (travel or individual size)

Toothbrushes / Toothpaste / Dental Floss / Mouthwash

Breath Mints / Breath Strips

Vitamins (multi-vitamins always needed)

Tylenol / Motrin / Advil & Aspirin Packets

Cough Drops / Lozenges

Nail Clippers

Moleskin

Shoe Insole Cushions (gel kind best)

Batteries - AA, AAA & C are the most requested

DVD Movies

Xbox Games

PS2 Games

Music CDs

Portable CD Players w/ Headphones

Electronic Handheld Games

Pens / Mechanical Pencils

Stationery w/ Envelopes, Blank Cards (to send home)

Day Planners / Small Pocket Callendars

Crossword Puzzles, Word Search Books, Math Puzzle Books, Logic Problems, Sudoku

Magazines (used is OK, but Current)

Paper Back Books (Cannot accept Hard Cover Books)

Board Games, Playing Cards, Poker Chips, Dice, etc. (UNO, Checkers, Travel Size Games are Great)

Nerf footballs, Whiffle Balls, Mitts, Frisbees, Sports Equipment

35 mm disposable cameras

Phone Cards: AT&T Global Pre-Paid

Cards & Letters - The troops love to hear from all of us - Mail Brightens Their Days !

This is one of the single most important item that we can send to the troops & we

can never send too much, so please keep writing! Consider making a patriotic banner or poster to send in one of your care packages!

For donations call: Josh Van Hoose (+1 (606) 432-1421)