

Care Package Items

The following are used in care packages. Please note that items must be new and unopened:

Food

Powdered Drink Mixes
(individual packets are best)
Cookies, crackers, pretzels
(in snack sizes)
Tuna in a pouch
Beef, chicken or turkey jerky
Cheese spread (no aerosol cans!)
Ramen noodles
Snack cakes
Gum
Nuts
Granola bars
Pop Tarts
Dried fruit
Trail mix
Pistachios
Raisins
Red licorice twists
Tootsie Rolls (both candy and lollipops)
Peanut butter Triscuits
Wheat Thins
Canned meats (no pork products)
Hard candy (individually-wrapped)

Sports Equipment

Baseballs
Baseball gloves
Soccer balls
Basketballs
Volleyballs
Squirt guns
Frisbees

Entertainment AA & AAA batteries

Craft kits
Scrapbooking materials
Books (mysteries, action, drama, science fiction)
Magazines – new or nearly new
(sports, news, entertainment, travel, nature)
Playing cards
Small hand-held games
Crossword puzzles
CD's\DVD's

Hygiene Supplies

Facial cleansing pads
Moisturizing lotion
Wet Wipes
Eye drops
Lip balm
Toothpaste
Toothbrushes
Soap
Body wash
Shampoo and conditioner
Deodorant
Sunblock
Foot powder

Miscellaneous

Blank cards
Stationary, paper
Pens
Letters
Ziploc bags (sandwich, qt., gal. sizes)

- Please keep in mind that all food items must be in the manufacturer's original packaging.
- NO chocolate - 110 degree heat and chocolate do not mix well, though M&M's are fine.
- Ziploc bags make sure that potentially leaky items don't make a mess during shipping, and service members use them to keep sand out of their things while in the desert.
- If you have any questions, please [email Soldiers' Angels](#) or call us at (615) 676-0239.