

Courtesy of Sandra Lehmkuler of The Warrior Foundation in San Diego, California, here is a comprehensive list of food items, toiletries and other supplies our deployed troops love to receive. The Warrior Foundation comprises hundreds of volunteers who serve injured troops who have been assigned to military treatment facilities in the San Diego area. These troops are from all services and their injuries are life changing. Please visit www.warriorfoundation.com for information and ways your club can serve these men and women.

In the meantime, identify a deployed hometown hero (your own family member, a friend's family member, a church family member or a business associate's family member), pack up a box with some of these goodies, and ship it to your hero! And remember to keep those boxes going!

If you don't know of a deployed soldier, contact Nancy Gunn Harsha at bbhng@hotmai.com to be connected with a troop member just waiting to receive some good stuff from home.

FOOD ITEMS

NOTE: PLEASE DO NOT SEND CHOCOLATE! IT WILL MELT!

Beef jerky
Cheese and crackers packs
Chex Mix
Coffee packets
Condiments and spices (plastic or paper containers)
Crystal Light mix (small packages)
Dry cereal (small packages)
Dried fruit mix
Energy bars
Fig Newtons (small packages)
Flavored powdered coffee creamer
Fruit roll ups
Gatorade mix (small packages)
Girl Scout Cookies (WITHOUT meltable chocolate)
Granola bars
Instant oatmeal
Instant hot cocoa packets
Kool Aid mix
Oreo Cookies (small packages)
Power Bars
Pretzels (small packages in various shapes and flavors)
Ramen noodles packaged with serving cups
Ready-to-eat pudding, Jello, fruit cups
Rice Krispies Treats
Salad dressings (plastic bottles only)
Salted peanuts or mixed nuts
Salted pumpkin seeds
Sunflower seeds
Tea bags
Trail mix
Tuna in pouches
Twizzlers (wrapped for individual servings)
Wrapped gum/hard candy

TOILETRIES

Baby powder
Baby Wipes (travel packages)
Band Aids
Bobby pins and pony tail holders
Breath mints
Combs and brushes
Contact lens solution (the no rub variety)
Cotton balls
Cotton swabs
Deodorant for men and women
Dental floss
Dr. Scholl's Moleskin padding
Dust masks
Eye drops (moisturizer)
Foot powder
Hair gel for women to put up their hair
Hand and body lotion
Insect repellent
Lip balm (look for strong SPF)
Liquid hand sanitizer (travel size)
Liquid soap
Lozenges and cough drops
Moist Wipes (travel packages)
Mouthwash
Muscle rubs (Flexall, Bengay)
Nail clippers, nail files, emery boards
Nasal spray
Razors (disposable)
Shoe insole cushions
Sunscreen
Tissues (travel packs)
Toothbrushes and toothpaste
Tylenol or Aspirin (small packets)

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OTHER ITEMS

35 mm disposable cameras
Bandannas
Baseballs
Batteries (AA and C)
Black or white cotton socks (military issue, higher than normal and usually found at base outlets)
Black wraparound sunglasses or goggles
Books (new or used)
Brown towels and washcloths
Portable camp showers (Big 5 carries economical ones)
Crosswords and search word books
Day planners
Dominoes
Duct tape
Electronic Gadgets or games
Fly Swatters and fly paper
Footballs and pumps
Frisbees
Gorilla Tape
Hacky Sacks
LED lights (e.g., for reading)
Magazines (guns, autos, hunting, *Sports Illustrated*)
Mini board games (e.g., Uno, checkers, chess)
Nerf balls
Note cards and stationery (blank)
Pens and pencils
Plastic coated playing cards
Plastic travel mugs with lids
Prepaid telephone calling cards
Sporting equipment (new or used)
USA flags
Whiffle balls
Yoyos
Ziplock bags (quart and gallon size)