



Hearts for Soldiers

Items for donation requested by the troops include:

FOOD AND SNACKS:

Beef jerky/Slim Jims

Pumpkin/sunflower seeds

Gum/hard candy (wrapped)

Individual serving sizes of:

Snacks, cereal, oatmeal

Instant drink mixes

Protein powder/bars

Granola bars, nuts and trail mix

Microwave food includes:

Popcorn, macaroni/cheese, etc.

TOILETRIES (Please, no hotel samples):

Travel size items:

Baby wipes & hand sanitizer

Shampoo and conditioner

Deodorant

Band-aids and first aid kits

Baby and foot powder

Tissues, hand/body lotion

Mouthwash

Regular size items:

Body wash, liquid soap

Facial cleanser

Eye drops and nasal spray

Razors/shaving cream (no cans)

Toothbrushes and toothpaste

Dental floss and breath mints

Cotton swabs and dust masks

Lip balm, sun block and zinc (SPF45)

Throat lozenges and cough drops

Tylenol, Motrin, Advil, aspirin packets

Nail files and nail clippers

Air fresheners

Bug repellent (plastic bottles, no aerosol cans)

Other:

Pens, pencils, paper

Envelopes, blank cards, stamps

Puzzle and word search books

Playing cards

Travel size games

Generic sunglasses

AT&T Pre-paid phone cards (they work best)