

# SUPPORT OUR TROOPS

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Combat and peacekeeping units alike still suffer from supply shortages. The basic supply needs **top three categories** are Food, Fun Stuff and Personal Care. Below is a list of needed supplies...

## **FOOD:**

Individual packaged hot chocolate, tea bags, coffee

Powered drink mixes & Protein powdered drinks

Individual serving sizes of proteins: tuna, chicken, nuts, beef jerky, protein bars, peanut butter.

Canned foods, cup-of-soup, ramen noodles

Snack items: hard candy, crackers, mints, gum, trail mix, microwave popcorn, cookies

**(PLEASE AVIOD: Glass Containers, Perishable Items, Pork and Pork by-products, Homemade Food, and any Liquids)**

## **FUN STUFF:**

Notepads, Pens &, pencils

Crossword puzzles, word search, Sudoku

Books, CDs and DVDs

Travel games, footballs, checkers, chess, cards, dice, yo-yo's

Batteries

**(PLEASE AVIOD: Newspapers & Magazines)**

## **PERSONAL CARE:**

Soap, hand sanitizer, wet wipes

Socks, undergarments, T-shirts

Foot powder

Pain reliever, Vitamins

Feminine hygiene products

Toothbrushes, disposable razors, combs

Lip balm with SPF

Toilet paper & Tissues

Deodorant