



# ITEMS NEEDED FOR FORGOTTEN SOLDIERS OUTREACH “WE CARE” PACKAGES

Below is a list of items that we need on a regular basis to fill our packages. This is not a complete list and items are deleted and added based on need and requests from our recipients.

**We appreciate all the items that we receive; however, we cannot ship alcohol, aerosol cans, tobacco, lewd/pornographic materials or pork products.**

**We do not accept hotel toiletries, canned food, boxes of pasta, cereal or expired and/or used items.**

## **Toiletries/Hygiene (prefer travel size)**

Baby Wipes	Baby/Foot Powder
Dental Floss	Tampons
Lip Balm/Chapstick	Mouthwash
Hand Sanitizer	Lotion
Shave Cream Packets	Sunscreen
Shampoo	Body Wash
Deodorant	

## **Additional Items**

Crew Socks      Insect Repellent Wipes  
Scotch Heavy Duty Packing Tape  
Snack Storage Bags  
Sandwich Storage Bags

## **Food Items**

Foil Tuna Packs	Trail Mix
Ramen Noodles	
Sunflower Seeds	
Snack/Breakfast Bars	Individual Crackers
Fruit Roll Ups	Foil Salmon Packs
Beef Jerky	
Individual Packed Drink Mixes	
Oatmeal/Grits Packages	
Microwavable Ravioli & Mac & Cheese	
Individual Packages Nuts/Dried Fruit	
Peanut Butter Cups (Jif to Go)	

Revised 06/01/2020