

# Care Package idea for Our Military Graduates

## Food

- Beef jerky
- Hard candy
- Gum – all flavors
- Goldfish
- Protein Bars
- Protein Mixer Bottles/Shakers
- Hand Sanitizer
- Cookies, crackers
- Chocolate Candy
- Candy Bars
- Rice Krispy Treats
- Slim Jims
- Granola and other snack bars
- Nuts other than peanuts in re-sealable containers
- Dried fruits in re-sealable containers
- Tins and packets of flavored coffee and cappuccino
- Sunflower seeds
- Liquid creamers in little plastic cups with a foil top packed in a sturdy plastic or metal container.
- Breath Mints

## No-No's

No pressurized product (aerosol shave cream etc.)

No cocoa

No peanuts

## Goods

- \$25 VISA and M/C gift cards
- Personal hygiene items (unscented whenever possible)
- Cordless/Electric Nose/Ear Hair Trimmer
- 3M Sticky Wall Hooks
- Wet wipes, individually wrapped
- Disposable razors (men's and women's)
- Chap sticks
- Cough Drops
- Eye drops
- Body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner
- Foot powder and the like
- Boot Socks
- Laundry PODS packed in a sturdy plastic or metal container.
- Sunscreen
- Magazines (clean content)
- Fun posters and calendars for dressing the place up
- AA batteries
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- Cards, letters, group photos (we want them to know real people did this for them)